

HOSTETTER  
ILLUSTRATED  
CALIFORNIA  
ALMANAC  
1899.



FOR MERCHANTS, MECHANICS, MINERS,  
**FARMERS, PLANTERS,**  
AND  
GENERAL FAMILY USE.

Carefully calculated for such Meridians and Latitudes as are best suited for a Universal  
Calendar for the United States.

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PUBLISHED BY  
**THE HOSTETTER COMPANY,**  
PITTSBURGH, PA.

# THE COUNTERFEITERS BAFFLED.

## BEWARE OF "LOCAL BITTERS."


EVERYTHING of sterling value is counterfeited, from a current coin to a corrective compound; and in a moral point of view, the man who seeks to substitute a worthless or deleterious preparation for a good medicine, deserves at least as heavy a punishment as he who forges a bill of exchange, or puts spurious money in circulation. Acting upon this sound principle, to shield from unscrupulous impostors those who are least able to protect themselves, as well as to guard those who have built up, by industry and integrity, a lucrative business in standard articles of any character, Congress enacted laws to punish the counterfeiting of Trade Mark Goods, and the sale of or dealing in of the same. They properly denounced as a flagrant crime the counterfeiting of such trade marks, by attaching a rigorous penalty, including in the scope of its operation those who, with intent to defraud, deal in or sell, or keep or offer for sale, or cause or procure the sale of any goods, knowing the same to be counterfeit.

This law has received the sanction of repeated judicial confirmations, and now stands as a solemn warning to those whose cupidity would tempt them to palm off on the public base imitations of Hostetter's Stomach Bitters. The proprietors have often successfully availed themselves of the provisions of this righteous enactment, to bring to punishment any one detected in this nefarious practice, as the records of the United States Courts in several of the larger cities of the Union abundantly verify.

Now that the counterfeiters are held at bay, *Hostetter's Stomach Bitters* has another list of cormorants to contend with—in a certain class of local dealers, who get up a variety of nostrums, which they COAX their customers to buy. When one of these gentry is asked for Hostetter's Stomach Bitters, he shakes his head with an oracular air, and assures the inquirer that he has a "new bitter," far superior to that famous restorative! However cheap the stuff may be—avoid it. It is not economy to buy a worthless article at any price, or even to receive it as a gift.

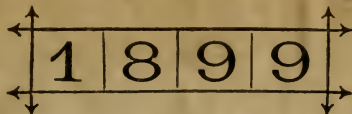
In order that all may be able to distinguish the authentic article, particular and universal attention is requested to the following

### TESTS OF GENUINENESS:

Blown in the bottle is the name of the preparation (Dr. J. Hostetter's Stomach Bitters). On one side of the bottle is a fine steel plate label, on which St. George and the Dragon figure as a vignette, and at its foot is a miniature note of hand, with engraved *fac-simile* of the signature of the President of our Company. The directions for use, in bronze letters on a dark ground, are on the opposite side. A metallic cap, stamped with a medallion head and the name of the article, envelopes the cork. The Bitters is put up ONLY IN GLASS, and sold by the bottle or case. The monogram of the Company, thus  is burnt on the top of the cork of each bottle, which is a protection against tampering with or refilling the bottle.

# Hostetter's California Almanac

For the Year



Calculated for

## CALIFORNIA AND OREGON.

### TRUE PRINCIPLE OF MEDICATION.

**V**IGOROUS vitality is the best defence against disease. Disease is simply a struggle between the LIFE-POWER and the invisible enemies that assail it; and the result depends upon the relative strength of the antagonistic principles. In proportion to the vigor and energy of the physique and the constitution, is their capacity to resist and fight off the morbid influences which produce sickness. It is a well known fact that active poisons affect in different degrees the weak and the strong. The dose of opium or of arsenic that will suffice to kill a child will scarcely sicken a stalwart man. It is the same with the aerial poisons which produce epidemic and endemic fevers, dysenteries, fluxes and the like. Their effect upon the system depends upon its power of resistance. Augment, therefore, this resistant power, if you would escape these evils. The tonic agent to effect this object has been provided in *Hostetter's Stomach Bitters*, a vegetable invigorant of varied and surpassing potency. Fortify the body, increase the vital strength of every organ with this great herbal invigorant. Remember that it strengthens without unduly exciting the animal system, and its effects are permanent in the restoration of health.



In certain seasons of the year, when the appetite is sometimes too vigorous for the comfort and safety of the stomach, indigestion is most prevalent and most distressing. Is the appetite to be balked to accommodate the digestive organs? Not so: for then the frame would lack its due proportion of nutriment. The thing to be done is to strengthen the stomach, tone the liver, and put the bowels in perfect order. Nothing will do this so effectually, so rapidly as **HOSTETTER'S STOMACH BITTERS**. This potent preparation trims and balances the system, and clothes it, as it were, with defensive armor. Chronic dyspepsia, liver complaint, and fever and ague are never known to attack those who are wise enough to invoke its aid.


Reader, if the aspect of the weather was uncertain, you would not be foolish enough to venture out without an overcoat or umbrella. Have the forecast, therefore, to strengthen an enfeebled system with this supreme vitalizer, and so shall you surely escape the diseases which almost insensibly fasten themselves upon the human physique. "Suffer and be strong," says the proverb; but "Be strong that you may not suffer," is the wiser, and of all strengthening preparations this is the safest and surest.





# HOSTETTER'S ALMANAC, 1899.


## THE TWELVE SIGNS OF THE ZODIAC.


RAM. Aries.  THE HEAD.

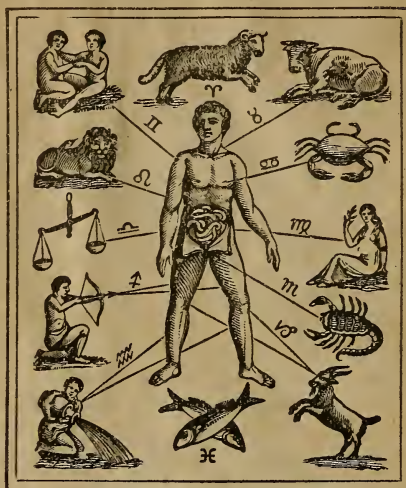
TWINS,  
Gemini,  
ARMS. 

LION,  
Leo,  
HEART. 

BALANCE,  
Libra,  
REINS. 

ARCHER,  
Sagittarius,  
THIGHS. 

WATERMAN,  
Aquarius,  
LEGS. 



BULL,  
Taurus,  
NECK. 

CRAB,  
Cancer,  
BREAST. 

VIRGIN,  
Virgo,  
BOWELS. 

SCORPION,  
Scorpio,  
LOINS. 

GOAT,  
Capricornus,  
KNEES. 

FISHES. Pisces.  THE FEET.

## CHRONOLOGICAL CYCLES.

Dominical Letter,.....A.	Solar Cycle,.....	4
Epact, ..... 18	Roman Indiction,.....	12
Lunar Cycle, or Golden Number,..... 19	Julian Period,.....	6612

## FIXED AND MOVABLE FESTIVALS.

Epiphany,.....Jan. 6	Rogation Sunday,.....May 7
Septuagesima Sunday,....." 29	Ascension Day,....." 11
Quinquagesima—Shrove Sund...Feb. 12	Pentecost—Whit Sunday,....." 21
Ash Wednesday,....." 15	Trinity Sunday,....." 28
First Sunday in Lent,....." 19	Corpus Christi,.....June 1
St. Patrick's Day,.....Mar. 17	First Sunday in Advent,.....Dec. 3
Palm Sunday,....." 26	Christmas Day, ..... " 25
Good Friday, ..... " 31	
Easter Sunday,.....Apr. 2	<b>Ember Days.</b>
Low Sunday,....." 9	Feb. 22, 24, 25; Sept. 20, 22, 23;
	May 24, 26, 27; Dec. 20, 22, 23.

## ECLIPSES FOR THE YEAR 1899.

In the year 1899 there will be FIVE Eclipses—three of the Sun and two of the Moon:

I.—A Partial Eclipse of the Sun, January 11–12. Visible to Alaska, Kamtschatka, northern Japan, and the northern Pacific Ocean.

II.—A Partial Eclipse of the Sun, June 7–8. Visible to western and northern Europe, northern Asia, Alaska, Greenland, and the north Polar Sea.

III.—A Total Eclipse of the Moon, June 22–23. Visible more or less to Asia, Australia, eastern Africa, the western coast of North America, and the Pacific Ocean. Occurring at San Francisco, as follows:

Moon enters Penumbra,.....	23 d.	3 h.	27 m. M.
Moon enters Shadow,.....		4 h.	24 m. "
Total Eclipse begins, .....		5 h.	24 m. "

IV.—An Annular Eclipse of the Sun, December 2–3. Visible generally as a Partial Eclipse to the South Pole and adjoining oceans, as also to the south-western corner of Australia, Van Dieman's Land and New Zealand.

V.—A Partial Eclipse of the Moon, December 16–17. Visible more or less to North and South America, Europe, Asia, Africa, and the Atlantic Ocean. Occurring at San Francisco, as follows:

Moon enters Shadow,.....	16 d.	3 h.	36 m. A.
Middle of Eclipse, .....		5 h.	17 m. "
Moon leaves Shadow, .....		6 h.	58 m. "
Moon leaves Penumbra,.....		8 h.	10 m. "
Magnitude of Eclipse, = 0.996.		(Moon's diameter, = 1.)	

## THE SEASONS. (San Francisco Time.)

Vernal Equinox,.....	Spring begins,.....	March	20 d. 11 h. 36 m. A. M.
Summer Solstice,.....	Summer " .....	June	21 d. 7 h. 36 m. A. M.
Autumnal Equinox, ...	Autumn " .. .....	Septemb.	22 d. 10 h. 21 m. P. M.
Winter Solstice,.....	Winter " .....	Decemb.	21 d. 4 h. 47 m. P. M.

## MORNING AND EVENING STARS, 1899.

**Mercury** will be Morning Star about January 11, May 9, September 5, and December 25; and Evening Star about March 24, July 22, and November 16.

**Venus** will be Morning Star till September 15; and then Evening Star the rest of the year.

**Jupiter** will be Morning Star till April 25; then Evening Star till November 12; and then Morning Star again the rest of the year.



The Calculations of this Almanac are given in Mean Solar Time, with the exception of the Tides, which are given in Pacific Standard Time.

## MOON'S PHASES.

## SAN FRANCISCO.

	D.	H.	M.
☾ LAST QUARTER.....	4	7	12 Evening.
☾ NEW MOON.....	11	2	40 "
☾ FIRST QUARTER.....	18	8	27 Morning.
☾ FULL MOON.....	26	11	25 "

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Slow.	Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.
				M. S.	H. M.	H. M.	H. M.	H. M.	Morn. Even.
<b>(1.) Sunday after Christmas. Matt. 1. Day's length, 9 h. 35 m.</b>									
1	S	Austin poet laureate, 1896		3 56	7 16	4 51	9 36	3 17	3 30 s
2	Mo	Jameson defeated by Boers, 1896		4 24	7 16	4 52	10 34	3 58	3 57 l
3	Tu	Gen. Mercer killed, 1777		4 52	7 17	4 53	11 33	4 39	4 40 l
4	We	Utah admitted as a state, 1896		5 19	7 17	4 54	Mor.	5 23	5 16 l
5	Th	Emma Abbott died, 1891		5 46	7 17	4 55	0 35	6 8	5 57 l
6	Fri	Th Santa Ana president Mexico, 1853		6 13	7 17	4 56	1 40	6 58	6 34 l
7	Sa	James Fisk, Jr. assassinated, 1872		6 39	7 16	4 56	2 48	7 51	7 18 l
<b>(2.) 1st Sunday after Epiphany. Luke 2. Day's length, 9 h. 41 m.</b>									
8	S	Eli Whitney died, 1825		7 4	7 16	4 57	3 58	8 50	8 7 l
18	Mo	Mississippi seceded, 1861		7 29	7 16	4 58	5 4	9 53	8 54 l
19	Tu	Dr. Dollinger died, 1891		7 54	7 16	4 59	6 6	10 57	9 47 l
20	We	Tom Thumb born, 1832		8 18	7 16	5 0	Sets.	Ev	10 36 s
11	Th	Stanton secretary of war, 1862		8 4	7 15	5 1	6 25	1 1	1 21 s
13	Fri	St. Hilary died, 367		9 4	7 15	5 2	7 4	1 58	2 4 s
14	Sa	Orsini conspiracy, 1858		9 26	7 15	5 3	8 53	2 50	2 40 s
<b>(3.) 2d Sunday after Epiphany. John 2. Day's length, 9 h. 49 m.</b>									
15	S	British museum opened, 1759		9 47	7 15	5 4	10 3	8 41	3 13 s
16	Mo	Charles V. abdicates, 1556		10 7	7 14	5 5	11 11	4 29	3 54 s
17	Tu	George Bancroft died, 1891		10 27	7 14	5 7	Mor.	5 17	4 31 l
18	We	Lord Lytton died, 18 3		10 46	7 13	5 8	0 16	6 6	5 19 l
19	Th	Bishop Haygood died, 1896		11 4	7 13	5 9	1 20	6 55	6 22 l
20	Fri	England acknowledged U. S., 1783		11 22	7 13	5 10	2 22	7 44	6 44 l
21	Sa	Henry VI. born, 1456		11 39	7 12	5 11	3 21	8 35	7 29 l
<b>(4.) 3d Sunday after Epiphany. Matt. 8. Day's length, 10 h. 0 m.</b>									
22	S	Battle River Raisin, 1813		11 55	7 12	5 12	4 15	9 26	8 10 l
23	Mo	The Triple Alliance, 1668		12 11	7 11	5 13	5 4	10 15	8 54 l
24	Tu	Swedenborg born, 1688		12 25	7 11	5 14	5 47	11 3	9 36 l
25	We	Earthquake in Europe, 1838		12 39	7 10	5 15	6 24	11 50	0 24 s
26	Th	Royal Academy chartered, 1765		12 51	7 9	5 16	Ris	Mor.	0 51 s
27	Fri	Panama Railroad opened, 18 5		13 3	7 9	5 18	6 32	0 33	1 27 s
28	Sa	William H. Prescott died, 1850		13 14	7 8	5 19	7 29	1 16	1 49 s
<b>(5.) Septuagesima Sunday. Matt. 20. Day's length, 10 h. 13 m.</b>									
29	S	Napoleon III. married, 1853		13 25	7 7	5 20	8 28	1 57	2 11 l
30	Mo	Charles Rollin born, 1661		13 34	7 6	5 21	9 27	2 39	2 39 l
31	Tu	Steamer Metropolis lost, 1878		13 43	7 5	5 22	10 27	3 21	2 59 l

**Note.**—The Tides for San Francisco are very irregular in height and interval. The asterisk (\*) denotes the second morning tide, and the obelisk (†) the first afternoon tide. The letter (l) denotes the larger tide for the day, and the letter (s) the smaller one.



# Hostetter's Celebrated Stomach Bitters,

THE FOREMOST MEDICINE

OF THE

PACIFIC COAST.

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THROUGHOUT the vast extent of territory, the American Pacific Coast, *Hostetter's Stomach Bitters* is a familiar name indeed. To the mining population of the regions named, the article is particularly well known by reason of the fame it acquired in the early days of California, among the gold seekers at the diggings. Then it was that the Bitters gained a foothold west of the Sierras that time has only served to strengthen. For at a juncture when malarial fevers, rheumatic and nervous diseases, stomach, bowel and liver complaints were spreading desolation among the camps, the opportune arrival of this benign cordial was the means of saving those who choose to avail themselves of its renovating and protecting influence, and of inaugurating a reign of health where disease had held almost absolute sway.

To-day in this particular section, as throughout the West and East, it is par excellence the reigning invigorant and alterative. From the most distant settlements, as from the most populous towns, we are constantly in receipt of large orders, and the demand is ever increasing.

The confidence which the benign effects of the Bitters has inspired among the people of the entire West has never been lessened by any of those rhetorical flourishes and preposterous claims which

are often found in the advertisements of numerous proprietary remedies. Such a course would be more than ordinarily absurd in relation to an article which the people of California and other Pacific States recognized as a perfectly reliable remedy for and preventive of fever and ague and bilious remittents, an eradicator of dyspepsia, constipation and disorders of the liver, an antidote to despondency, and a restorative of health when the system is afflicted with gout, rheumatism, nervousness, and affections of the bladder or kidneys.

The fact is also appreciated on the Pacific seaboard, that Hostetter's Stomach Bitters is a vitalizing agent of great potency, building up the system whether depleted by illness or naturally weak, and by this very means checking morbid tendencies to disease which would otherwise speedily develop. Furthermore, that it is an excellent means of counteracting the influences of undue exposure, fatigue and abrupt changes of temperature, and inures the constitution to the vicissitudes of an unaccustomed climate.

Advertising can accomplish a great deal, but if Hostetter's Stomach Bitters did not possess genuine merit—that indispensable requisite of lasting popularity—not all the advertising in the world could have so rooted the great medicine in the esteem of the Californian public.

SECOND  
MONTH.28  
DAYS

## MOON'S PHASES.

## SAN FRANCISCO.

- ☾ LAST QUARTER,.....  
 ☾ NEW MOON,.....  
 ☾ FIRST QUARTER,.....  
 ☾ FULL MOON,.....

D. H. M.  
 3 9 15 Morning.  
 10 1 22 "  
 17 0 43 "  
 25 6 7 "

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun		Sun Ris.	Sun Sets.	Moon		High Water.	
				Slow.	M. S.			Rises	South	Morn.	Even.
					H. M.		H. M.	H. M.	H. M.	H. M.	H. M.
1	We	Texas seceded, 1861		13 51	7 5	5 23	11 30	4 5	3 24	4 25	8 25
2	Th	Wendell Phillips died, 1884		13 58	7 4	5 24	Mor.	4 51	3 59	5 41	8 41
3	Fri	Peace conference, 1865		14 5	7 3	5 25	0 34	5 42	4 41	6 59	8 59
4	Sa	Robert Blair died, 1746		14 10	7 2	5 26	1 40	6 36	5 33	8 18	9 18

## (6.) Sexagesima Sunday.

Luke 8.

Day's length, 10 h. 26 m.

5	S	Napoleon I. born, 1768		14 15	7 1	5 27	2 46	7 35	6 24	9 32	8 32
6	Mo	Charles II. died, 1685		14 19	7 0	5 29	3 47	8 37	7 32	10 37	9 37
7	Tu	Pope Pius IX. died, 1878		14 22	6 59	5 30	4 44	9 39	8 39	11 29	10 29
8	We	Peter the Great died, 1825		14 24	6 58	5 31	5 33	10 40	9 41	.....	.....
9	Th	Confederate congress meets, 1861		14 26	6 57	5 32	6 15	11 39	0 11	10 57	9 57
10	Fri	David Brewster died, 1868		14 27	6 56	5 33	Sets.	Ev 35	0 47	11 57	10 57
11	Sa	Amadeus I. abdicated, 1873		14 27	6 54	5 35	7 38	1 27	1 21	0 57	10 57

## (7.) Quinquagesima—Shrove Sunday. Luke 18. Day's length, 10 h. 43 m.

12	S	First public school, 1689		14 27	6 53	5 36	8 50	2 18	1 49	1 53	11 53
13	Mo	Hastings impeached, 1788		14 25	6 52	5 37	10 0	3 8	2 10	3 0	12 0
14	Tu	St. Valentine's day.		14 23	6 51	5 38	11 7	3 58	2 41	4 7	12 7
15	We	Lilioukalani pardoned, 1896		14 20	6 50	5 39	Mor.	4 48	3 20	5 20	12 20
16	Th	Silver bill passed, 1878		14 16	6 48	5 40	0 10	5 39	4 8	6 34	12 34
17	Fri	Michael Angelo died, 1564		14 11	6 47	5 41	1 11	6 30	4 59	7 53	12 53
18	Sa	Duke of Guise shot, 1563		14 6	6 46	5 42	2 8	7 21	5 46	8 46	12 46

## (8) 1st Sunday in Lent.

Matt. 4.

Day's length, 10 h. 58 m.

19	S	Battle of Grochow, 1831		14 0	6 45	5 43	2 59	8 11	6 45	9 43	12 43
20	Mo	Saragossa surrendered, 1809		13 54	6 44	5 44	3 41	9 0	7 43	10 31	12 31
21	Tu	Earthquake at Corinth, 1838		13 47	6 42	5 45	4 24	9 47	8 36	11 10	12 10
22	We	Bill Nye died, 1896		13 39	6 41	5 46	4 58	10 31	9 25	11 39	12 39
23	Th	Frigate Peacock taken, 1813		13 31	6 40	5 47	5 27	11 14	10 11	.....	.....
24	Fri	Gutenberg died, 1468		13 22	6 39	5 48	5 55	11 56	0 1	10 55	11 55
25	Sa	Hurricane at Barbadoes, 1829		13 12	6 37	5 49	Ris.	Mor.	0 19	11 57	12 57

## (9.) 2d Sunday in Lent.

Matt. 15.

Day's length, 11 h. 14 m.

26	S	Napoleon escaped, 1815		13 2	6 36	5 50	7 20	0 38	0 53	0 21	12 21
27	Mo	Battle of Tarquin, 1829		12 51	6 34	5 51	8 21	1 20	1 35	1 11	12 11
28	Tu	Silver bill veto lost, 1878		12 40	6 33	5 52	9 24	2 4	1 53	2 3	12 3

GREAT statesmen sway the nations,  
 Kings mould a people's fate,  
 But the unseen hand of velvet  
 These giants regulate;

The nation's doom hangs on the babe  
 In that wee blanket curled,  
 And the hand that rocks the cradle  
 Is the hand that rules the world.



It is their long experience of its remedial virtues which has taught them its value, and secured their profound confidence in its efficacy.

We take pleasure in presenting to the people of California and her sister States of the Pacific, the present edition of Hostetter's Almanac, which we hope will be found in no wise inferior to its

numerous predecessors in point of interest or instructiveness. Certain it is that no effort or expense has been spared on our part to make it every way worthy the perusal of a population among which the famous tonic and corrective, whose properties and effects the medical portion of it describes, has obtained such conspicuous favor.

### HYGIENIC PRECEPTS.

The late distinguished surgeon, Frank H. Hamilton, M. D., is credited with the formulation of the following decalogue:

1. The best thing for the insides of a man is the outside of a horse.

2. Blessed is he who invented sleep; but thrice blessed the man who will invent a cure for thinking.

3. Light gives a bronzed or tan color to the skin; but where it uproots the lily it plants the rose.

4. The lives of most men are in their own hands, and as a rule, the just verdict after death would be—*felo de se*.

5. Health must be earned—it can seldom be bought.

6. A change of air is less valuable than a change of scene. The air is changed every time the wind is changed.

7. Mould and decaying vegetables in the cellar weave shrouds for the upper chambers.

8. Dirt, debauchery, disease and death are successive links in the same chain.

9. Calisthenics may be very genteel, and romping very ungenteel; but one is the shadow, the other the substance, of healthful exercise.

10. Girls need health as much—nay, more than boys. They can only obtain it as boys do, by running, tumbling—by all sorts of innocent vagrancy. At least once a day girls should have their halters taken off, the bars let down, and be turned loose like young colts.

**A VALUABLE REMINDER.**—A small church was sadly in need of general repairs, and a meeting was being held in it with a view to raising funds for that purpose. The minister having said \$500 would be required, a very wealthy (and equally stingy) member of the congregation rose and said he would give one dollar. Just as he sat down, however, a lump of plaster fell from the ceiling

and hit him on the head, whereupon he rose up hastily and called out that he had made a mistake; he would give \$50. This was too much for an enthusiast present, who, forgetful of everything, called out fervently, "Oh, Lord, hit him again!"

**MENTAL GEOGRAPHY.**—The most populous country is Oblivion; many go there, few return.

The largest river is Time.

The deepest ocean is Death.

The region where no living thing hath habitation is called Yesterday.

The most highly civilized country is To-day.

The highest mountain is called Success. Few reach the top save those who wait sharply for the passing of the spirit of the mountain, Opportunity, who carries upward all those who seize hold on him.

The region where no man hath ever set foot is called To-morrow.

**THE SUNLIGHT OF VIRTUE.**—John Ruskin says: "You will find it less easy to uproot faults than to choke them by gaining virtues. Do not think of your faults, still less of others' faults; in every person who comes near you, look for what is good and strong; honor that, rejoice in it, and, as you can, try to imitate it, and your faults will drop off like dead leaves when their time comes."

**CATCHING COLD.**—Do not forget that the person who "catches cold" is the one who does not provide for an adequate combustion within his body, but relies upon heat from without, from the stove or the furnace, to maintain his temperature. The person who does not "catch cold" is the one who keeps a vigorous flame burning within, not by the use of stimulants, but by insuring to his body a plentiful supply of oxygen, which is the great supporter of combustion.



## MOON'S PHASES.

## SAN FRANCISCO.

☾	LAST QUARTER, .....
☾	NEW MOON, .....
☾	FIRST QUARTER, .....
☾	FULL MOON, .....

D.	H.	M.	
4	7	57	Evening.
11	11	44	Morning.
18	7	15	Evening.
26	10	9	"

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	Sun Slow.	Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.	
				M. S.	H. M.	H. M.	H. M.	H. M.	Morn.	Even.
1 We		Texas admitted, 1845		12 28	6 32	5 53	10 27	2 50	2 13	3 18
2 Th		Nicholas I. died, 1855		12 15	6 30	5 54	11 32	3 29	2 35	4 10
3 Fri		Alabama admitted, 1819		12 2	6 29	5 55	Mor.	4 31	3 10	5 28
4 Sa		Chicago chartered, 1837		11 49	6 27	5 56	0 36	5 27	4 21	6 54
(10.) 3d Sunday in Lent.				Luke 11.		Day's length, 11 h. 31 m.				
5 S		Anton Mesmer died, 1815		11 35	6 26	5 57	1 39	6 26	5 07	8 8
6 Mo		The Peterhoff sunk, 1864		11 21	6 25	5 58	2 35	7 26	6 8	9 20
7 Tu		Battle of Pea Ridge, 1862		11 7	6 23	5 59	3 24	8 25	7 22	10 21
8 We		Treaty with Japan, 1854		10 52	6 22	6 0	4 7	9 23	8 33	11 9
9 Th		Steamer Sphinx wrecked, 1878		10 37	6 20	6 1	4 46	10 18	9 35	11 44
10 Fri		First English railroad, 1550		10 21	6 19	6 2	5 20	11 12	10 30	11 44
11 Sa		Philadelphia incorporated, 1789		10 5	6 17	6 3	Sets.	Lv 3	0 13	11 49
(11.) 4th Sunday in Lent.				John 6.		Day's length, 11 h. 48 m.				
12 S		Bishop Berkeley born, 1684		9 49	6 16	6 4	7 35	0 54	0 21	1 11
13 Mo		Battle of Alexandria, 1801		9 33	6 14	6 5	8 44	1 45	0 46	2 12
14 Tu		Sound dues abolished, 1857		9 16	6 13	6 6	9 51	2 37	1 9	3 9
15 We		Bruce crowned, 1306		8 59	6 11	6 7	10 56	3 29	1 36	4 2
16 Th		James Madison born, 1751		8 42	6 10	6 8	11 57	4 21	2 16	5 10
17 Fri		Prince Bismarck resigns, 1890		8 25	6 8	6 9	Mor.	5 13	3 57	6 5
18 Sa		Riot in Toronto, 1878		8 7	6 7	6 10	0 52	6 4	4 9	7 7
(12.) 5th Sunday in Lent.				John 8		Day's length, 12 h. 6 m.				
19 S		Charles IV. of Spain abdicates, 1808		7 49	6 5	6 11	1 40	6 51	5 13	8 1
20 Mo		Naples capitulates, 1821		7 31	6 4	6 12	2 21	7 42	6 19	8 53
21 Tu		Botany Bay settled, 1787		7 13	6 2	6 13	2 57	8 27	7 23	9 37
22 We		Stamp Act passed, 1765		6 55	6 1	6 14	3 30	9 10	8 22	10 12
23 Th		Thomas Hughes died, 1896		6 37	5 59	6 14	3 58	9 58	9 15	10 39
24 Fri		Astoria, Or., settled, 1810		6 18	5 56	6 15	4 25	10 35	10 6	11 28
25 Sa		Fire in London, 1748		6 0	5 58	6 16	4 51	11 17	10 52	11 20
(13) Palm Sunday.				Matt. 27		Day's length, 12 h. 23 m.				
26 S		Governor Winthrop died, 1640		5 41	5 54	6 17	5 17	Mor.	11 15	.....
27 Mo		Cyclone in Louisville 1890		5 23	5 53	6 18	Ris.	0 1	0 6	0 24
28 Tu		Planet Pallas discovered, 1802		5 4	5 51	6 19	8 16	0 47	0 34	1 19
29 We		Mob at Cincinnati, 184		4 46	5 50	6 20	9 22	1 36	0 53	2 15
30 Th		Earthquake in Peru, 1828		4 28	5 48	6 21	10 28	2 28	1 15	3 11
31 Fri		Charlotte Bronte died, 1855		4 9	5 47	6 22	11 31	3 22	1 45	4 18

A MAN "too busy" to take care of his health is like a workman too busy to sharpen his tools.

POUNDED glass mixed with dry corn meal, and placed within the reach of rats, it is said, will banish them from the premises.



### A SERIOUS OBJECTION.

DENNIS.—“Faith, Pat, what cher doin?”

PAT.—“Committin’ suicide.”

DENNIS.—“Why don’t yez put the rope around yer neck?”

PAT.—“Sure and I did, but I couldn’t get me breath.”

From REV. CHARLES J. BUDLONG, Ashaway, R. I., December 2, 1896:

Dear Sirs—I have used your Hostetter’s Stomach Bitters in my home during the past ten or twelve years, and have proved it to be of very great value for all stomach and blood troubles. Your medicine cured me of malaria after all other tried remedies and physicians had proved of no avail. I will gladly reply to any letters of inquiry about your Bitters, as I know your medicine is reliable.

**THE STRENGTH OF ICE.**—The British army rules are that 2 inches of ice will sustain a man or properly spaced infantry; 4 inch ice will carry a man on horseback, or cavalry, or light guns; 6 inch ice, heavy field guns, such as 80 pounders; 8 inch ice, a battery of artillery, with carriages and horses, but not over 1,000 pounds per square foot on sledges; and 10 inch ice sustains an army, or an innumerable multitude. On 15 inch ice railway

lines are often laid and used for months, and 2 foot thick ice withstood the impact of a loaded passenger carriage after a 60 foot fall (or, perhaps, 1,500 foot tons), but broke under that of the locomotive and tender (or, perhaps, 3,000 foot tons).

From J. F. GRAY, Ireland, Indiana, May 25, 1896:

Allow me to congratulate you on your fine discovery, Hostetter’s Stomach Bitters; good seller and does what it claims to.

**BATHS.**—The ancient Romans preferred warm baths, while in Japan, where hot baths are the rule, rheumatism is almost an unknown disease. A cold bath is that in which the temperature of the water is from 30° to 60° F.; a cool bath is from 60° to 75° F.; a temperate bath from 75° to 85° F.; a tepid bath from 85° to 92° F.; a warm bath from 92° to 98° F.; and a hot bath from 98° to 112° F.



FOURTH  
MONTH.30  
DAYS.

## MOON'S PHASES.

☾	LAST QUARTER,.....
☾	NEW MOON,.....
☾	FIRST QUARTER, ..
☾	FULL MOON. ....

## SAN FRANCISCO.

D	H	M.	
3	3	46	Morning.
9	10	12	Evening.
17	2	34	"
25	11	13	Morning.

Day Month.	Day Week	HISTORICAL EVENTS.	Moon's Constellation	Sun Slow.	Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.
				M S.	H. M.	H. M.	H. M.	H. M.	Morn. Even.
1	Sa	William Harvey born, 1578	♏	3 51	5 45	6 23	Mor.	4 20	2 24 1/2 5 31 1/2
(14.) Easter Sunday.				John 20. Day's length, 12 h. 39 m.					
2	S	Copenhagen captured, 1801	♏	3 33	5 44	6 23	0 28	5 19	3 31 1/2 6 46 s
3	Mo	Oliver Goldsmith died, 1774	♏	3 15	5 42	6 24	1 29	6 18	4 48 1/2 7 53 s
4	Tu	Napoleon I. abdicated, 1814	♏	2 57	5 41	6 25	2 4	7 15	6 57 8 55 s
5	We	Nantucket plundered, 1779	♏	2 40	5 39	6 26	2 43	8 9	7 21 1/2 9 47 s
6	Th	Ex-Pres. Harrison married, 1896	♏	2 23	5 38	6 27	3 18	9 1	8 33 1/2 10 26 s
7	Fri	D'Arcy McGee shot, 1868	♏	2 6	5 36	6 28	3 50	9 52	9 36 1/2 10 52 s
8	Sa	The Seventh Crusade, 747	♏	1 49	5 35	6 29	4 20	10 42	10 35 1/2 11 16 1/2
(15.) Low Sunday.				John 20. Day's length, 12 h. 57 m.					
9	S	Dantzic inundated, 1829	♏	1 32	5 33	6 30	4 50	11 32	11 34 s 11 40 1/2
10	Mo	Fort Pulaski surrendered, 1862	♏	1 16	5 32	6 31	Sets.	Ev 24	..... 0 30 s
11	Tu	Charles Reade died, 1884	♏	1 0	5 30	6 32	8 39	1 16	0 47 2 4 s
12	We	Henry Clay born, 1777	♏	0 41	5 29	6 32	9 43	2 9	0 29 1/2 2 55 s
13	Th	Samuel J. Randall died, 1890	♏	0 24	5 27	6 33	10 40	3 2	0 59 1/2 3 53 s
14	Fri	Battle of Barnett, 1871	♏	0 13	5 26	6 34	11 31	3 54	1 33 1/2 4 33 s
15	Sa	Bering Sea treaty, 1896	♏	Fast.	5 25	6 35	Mor.	4 45	2 28 1/2 5 26 s
(16.) 2d Sunday after Easter.				John 10. Day's length, 13 h. 13 m.					
16	S	Battle of Culloden, 1746	♏	0 16	5 23	6 36	0 16	5 34	3 35 1/2 6 23 s
17	Mo	Dr. Alexander born, 1772	♏	0 30	5 22	6 37	0 54	6 11	4 42 1/2 7 18 s
18	Tu	Judge Jeffries died, 1869	♏	0 44	5 20	6 38	1 27	7 5	5 47 1/2 7 59 s
19	We	Lord Byron died, 1824	♏	0 58	5 19	6 39	1 58	7 47	6 49 1/2 8 59 s
20	Th	Bulwer-Clayton treaty, 1850	♏	1 10	5 18	6 40	2 26	8 29	7 51 1/2 9 15 s
21	Fri	Baron Hirsch died 1896	♏	1 22	5 17	6 41	2 53	9 11	8 49 1/2 9 45 s
22	Sa	Missolonghi surrendered, 1826	♏	1 34	5 15	6 41	3 17	9 55	9 34 s 10 16 1/2
(17.) 3d Sunday after Easter.				John 16. Day's length, 13 h. 28 m.					
23	S	Warren Hastings acquitted, 1795	♏	1 46	5 14	6 42	3 43	10 40	10 23 s 10 23 1/2
24	Mo	Maria Taglioni died, 1884	♏	1 57	5 13	6 43	4 12	11 28	11 19 s 10 53 1/2
25	Tu	Sir John Franklin first sails, 1818	♏	2 8	5 12	6 44	Ris.	Mor.	0 14 s 11 14 1/2
26	We	Gen. Butler at New Orleans, 1862	♏	2 18	5 11	6 45	8 15	0 20	..... 1 27 s
27	Th	Capture of York, 1813	♏	2 28	5 9	6 46	9 21	1 15	0 17 2 25 s
28	Fri	Paris commune proclaimed, 1871	♏	2 38	5 8	6 47	10 23	2 11	0 31 1/2 3 16 s
29	Sa	Louisiana purchased, 1803	♏	2 46	5 7	6 48	11 16	3 13	1 16 1/2 4 10 s
(18.) 4th Sunday after Easter.				John 16. Day's length, 13 h. 43 m.					
30	S	Louisiana ceded, 1803	♏	2 54	5 6	6 49	Mor.	4 12	2 12 1/2 5 15 s

## A REFRACTORY STOMACH.

THE best way to drill a refractory stomach into obedience, when it declines to digest food properly, is to discipline it with a systematic course of the finest of regulating tonics, *Hostetter's Stomach Bitters*, which will speedily cause it to resume its interrupted functions with regularity and vigor. The earlier this is done the better, as chronic dyspepsia is an obstinate customer to deal with, although the Bitters, if persisted in, will surely conquer it.

The great alimentary organ is much more easily deranged than regulated. Indiscretions in diet often seriously impair its tone, and alcoholic excesses do it still greater damage. These should, it is needless to say, be sedulously avoided. But from whatever cause its tone is impaired, Hostetter's Stomach Bitters is the most reliable means of bringing it into a healthful condition. That excellent promoter of digestion

and assimilation is a genuine blessing to the dyspeptic.

It is astonishing how variable, complex and deceptive are the symptoms of chronic dyspepsia. Among them are palpitation of the heart, which lead the sufferer to suppose he or she has an affection of that organ, vertigo, nervous tremors, sleeplessness, a tendency to yawn, nightmare, flatulence, heart-burn, hot flushes and many others. Unfortunately the malady disorders the whole system, inducing biliousness and constipation, favoring in persons of full habit, a rush of blood to the head, and fostering a tendency to nervousness and insomnia. It is also a prolific cause of leanness and want of vigor, both very undesirable conditions.

The Bitters overcome that weakness of the stomach, the chief cause of dyspepsia, and by gently stimulating its cellular tissue, causes a flow of the juices essential to the conversion of food into blood.

### THE HOUSE WE LIVE IN.

This is the advice of the late Prof. J. M. Coates: "Think deliberately of the house you live in, your body; make up your mind firmly not to abuse it; eat nothing that will hurt it; wear nothing that distorts or pains it; do not overload it with victuals, or drink, or work; give yourself regular and abundant sleep; keep your body warmly clad. At the first signal of danger from the thousand enemies that surround you, defend yourself. Do not take cold; guard yourself against it; if you feel the first symptoms, give yourself heroic treatment; get into a fine glow of heat by exercise; take a vigorous walk or run, then guard against a sudden attack of perspiration. This is the only body you will ever have in this world. A large share of the pleasure and pain of life will come through the use you make of it. Study deeply and diligently the structure of it, the

laws that govern it, and the pains and penalties that will surely follow a violation of every law of life or health."

THIS is what laughter does for a woman: It keeps her heart young. It makes her like people for the sake of the pleasure they give her, and they in turn like her. It makes her step buoyant. It keeps her eyes bright. It keeps her face from wrinkling. It is a beautifier second to no other. It does for the muscles of the face what exercise does for those of the body—keeps them supple and prevents them from falling into those stiff and settled lines which mean old age.

THE gratitude of the patient for the physician is well known. It is part of the disease. It comes on with the fever, it improves during convalescence, and is cured by return to health.



## MOON'S PHASES

## SAN FRANCISCO.

LAST QUARTER.....	D. 2 9 37	H. M. Morning.
NEW MOON.....	9 9 29	"
FIRST QUARTER.....	17 9 4	"
FULL MOON.....	24 9 40	Evening.
LAST QUARTER.....	31 2 45	"

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast.	Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.
				M. S.	H. M.	H. M.	H. M.	H. M.	Morn. Even.
1 Mo		Vienna Exposition opened, 1873		3 2	5 5	6 50	0 2	5 10	3 27 1/2 6 22 1/2
2 Tu		Hudson's Bay Co. incorporated, 1670		3 9	5 3	6 50	0 43	6 5	4 48 1/2 7 21 1/2
3 We		Lord Bacon disgraced 1626		3 16	5 2	6 51	1 18	6 57	6 7 1/2 8 11 1/2
4 Th		Ring of Saturn discovered, 1634		3 22	5 1	6 52	1 50	7 47	7 21 1/2 8 58 1/2
5 Fri		Leopold I. died, 1701		3 7	5 0	6 53	2 20	8 36	8 34 1/2 9 28 1/2
6 Sa		Battle of Prague, 1757		3 31	4 59	6 54	2 50	9 24	9 46 1/2 9 58 1/2

## (19.) Rogation Sunday.

John 16.

Day's length, 13 h. 57 m.

7 S	Judah P. Benjamin died, 1884		3 35	4 58	6 55	3 22	10 14	10 48 1/2	10 21 1/2
8 Mo	Oakes Ames died, 1 73		3 39	4 57	6 56	3 57	11 6	11 47 1/2	10 44 1/2
9 Tu	Stonewall Jackson died 1863		3 42	4 56	6 57	Sets.	11 58	0 41 1/2	11 14 1/2
10 We	Pensacola captured, 1781		3 45	4 55	6 58	8 27	Ev 51	1 40 1/2	11 42 1/2
11 Th	John Herschel died, 1871		3 47	4 51	6 59	9 22	1 45	.....	2 36 1/2
12 Fri	Charleston surrendered, 1780		3 48	4 53	6 59	10 10	2 36	0 22 1/2	3 20 1/2
13 Sa	John Barneveldt executed, 1619		3 49	4 52	7 0	10 50	3 26	1 6 1/2	3 54 1/2

## (20.) Sunday after Ascension.

John 15-16.

Day's length, 14 h. 10 m.

14 S	Minnesota admitted, 1858		3 49	4 51	7 1	11 25	4 14	2 1 1/2	4 35 1/2
15 Mo	Earthquake at Grenada, 1826		3 49	4 50	7 2	11 57	4 59	3 7 1/2	5 21 1/2
16 Tu	Battle of Albuera, 1811		3 48	4 49	7 3	Mor.	5 42	4 15 1/2	6 5 1/2
17 We	Grant sails to Europe, 1877		3 46	4 49	7 4	0 26	6 24	5 21 1/2	6 45 1/2
18 Th	Kate Field died, 1896		3 44	4 48	7 5	0 52	7 5	6 24 1/2	7 20 1/2
19 Fri	Peace with Mexico, 1848		3 42	4 47	7 6	1 17	7 48	7 19 1/2	8 1 1/2
20 Sa	Talleyrand died, 1838		3 39	4 46	7 7	1 43	8 32	8 26 1/2	8 36 1/2

## (21.) Pentecost—Whit Sunday.

John 14.

Day's length, 14 h. 22 m.

21 S	St. Helena discovered, 1502		3 35	4 46	7 8	2 12	9 18	9 29 1/2	9 31 1/2
22 Mo	Malakoff taken, 1855		3 31	4 45	7 8	2 41	10 3	10 30 1/2	9 30 1/2
23 Tu	Battle of Ramillies, 1706		3 23	4 45	7 9	3 19	11 2	11 30 1/2	10 4 1/2
24 We	Nicholas I. crowned, 1829		3 21	4 44	7 10	4 2	Mor.	0 24 1/2	10 30 1/2
25 Th	R. W. Emerson born, 1803		3 15	4 43	7 11	Ris.	0 1	1 29 1/2	11 29 1/2
26 Fri	Czar Nicholas crowned, 1896		3 9	4 43	7 11	9 9	1 2	.....	2 17 1/2
27 Sa	Cyclone in St. Louis, 1896		3 3	4 42	7 12	9 59	2 3	0 19 1/2	3 1 1/2

## (22.) Trinity Sunday.

John 3.

Day's length, 14 h. 30 m.

28 S	Treaty of Bucharest, 1812		2 55	4 42	7 12	10 43	3 3	1 13 1/2	3 48 1/2
29 Mo	Constantinople captured, 1453		2 48	4 41	7 13	11 20	4 0	2 14 1/2	4 43 1/2
30 Tu	Disaster at Moscow, 1896		2 40	4 41	7 14	11 53	4 53	3 29 1/2	5 39 1/2
31 We	Battle of San Lazaro, 1746		2 32	4 40	7 14	Mor.	5 44	4 49 1/2	6 30 1/2

MANY a man lives a burden to the earth ;  
 but a good book is the precious life blood of  
 a master spirit, embalming and treasured up  
 on purpose for a life beyond life.—*Milton.*



## THE BEST RESOURCE OF THE FEEBLE.

**A** DEFICIENCY of vital power, leanness, poverty of the blood, are usually attributable to imperfect assimilation of the food received by the stomach. Happily there is a pure, efficacious and highly sanctioned preparation, which so efficiently promotes the assimilative process, that the gain in vigor and consequently in health, for the latter cannot exist without the first—is very speedily perceptible by the feeble invalid who uses it. *Hostetter's Stomach Bitters* stand at the head of American proprietary tonics, and is pronounced by medical men to be in every respect a trustworthy article. It stimulates the organs of digestion and assimilation to perform their allotted duty, in consequence of which the food goes regularly and completely through the necessary processes of transmutation into blood, which is the motor of vital action, the nutrient of the system, by which every muscle,

every bone, every nerve, is fed and preserved from decay.

Hostetter's Stomach Bitters is the best medicinal guardian of the weak against the diseases to which they are peculiarly liable. Nervous ailments, a degree of mental depression amounting to hypochondria, besides bodily troubles of a far more serious nature are liable to attack the feeble, but are infallibly ward off by this tonic agent.

The Bitters, besides overcoming debility, improves the appetite, promotes sound sleep, and insures the regular discharge of every bodily function. It is a most reliable preventive and curative of malarial fevers, and remedies biliousness, chronic indigestion, kidney and bladder troubles, gont, rheumatism and many other ailments. Persons who have been prostrated by disease, and are in a state of convalescence, will find the Bitters a valuable auxiliary towards regaining health and strength.

**INHERITED AGE.**—Sir Benjamin Ward Richardson has published a series of observations on the duration of life of the offspring as compared with that of the parents. He considers that if the ages of the two parents and of the four grandparents be added together and divided by six, the age of the case in point will be told, with an average variation of not more than two. If the ages of the parents are high, the offspring tends to improve on them; if low (say an average of forty or lower), the life of the offspring will probably be still shorter.

**TO REMOVE HARD PUTTY.**—Good putty, when old and dry, is almost as hard as flint, and clings to the mullions of a sash with great tenacity. Various formulæ and recipes have been given for softening it, but all are more or less open to objections. A

German cotemporary says that if you paint the putty well with petroleum, in a few hours it can be removed as easily as fresh putty.

**THREE THINGS TO AVOID.**—Confucius said: "There are three things that the superior man guards against. In youth, when the physical powers are not yet settled, he guards against lust. When he is strong, and the physical powers are full of vigor, he guards against quarrelsomeness. When he is old and the animal powers are decayed, he guards against covetousness."


If you wish to cool a room wet a cloth, the larger the better, and hang it up, when, provided that the ventilation is good, the temperature will sink ten or fifteen degrees in less than an hour.



## MOON'S PHASES.

## SAN FRANCISCO.

☾	NEW MOON,.....	7 10 11	Evening.
☾	FIRST QUARTER,.....	16 1 37	Morning.
☾	FULL MOON,.....	23 6 11	"
☾	LAST QUARTER,.....	29 8 36	Evening.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat <sup>n</sup>	Sun Fast.		Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.								
										Morn.	Even.							
				M	S.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.							
1	Th	Port of Boston closed, 1774		{	2	23	4	40	7	15	0	24	6	34	6	6	7	9
2	Fri	Gordon Riots, 1740			2	13	4	39	7	16	0	51	7	22	7	27	7	51
3	Sa	Walworth shot, 1873			2	4	4	39	7	17	1	24	8	10	8	41	8	28

## (23.) 1st Sunday after Trinity.

Luke 16.

Day's length, 14 h. 39 m.

4	S	Austin Corbin killed, 1896	☾	1	54	4	39	7 18	1 56	9 0	9 54	9 0
5	Mo	Telegraph in China, 1871		1	43	4	39	7 18	2 33	9 51	11 08	9 33
6	Tu	Battle of Stony Creek, 1813		1	32	4	38	7 19	3 15	10 43	11 59	10 0
7	We	Reform bill passed, 1832	☾	1	21	4	38	7 19	4 11	11 36	0 54	10 38
8	Th	Jules Simon died, 1896		1	10	4	38	7 20	Sets.	Ev 28	1 38	11 21
9	Fri	Georgia chartered, 1782		0	58	4	38	7 20	8 45	1 19	.....	2 19
10	Sa	Plague at Smyrna, 1837	☾	0	46	4	38	7 21	9 24	2 8	0 7	2 41

## (24.) 2d Sunday after Trinity.

Luke 14.

Day's length, 14 h. 43 m.

11	S	Malta taken, 1798	☾	0	34	4	38	7 21	9 58	2 54	0 54	3 8
12	Mo	Rye-house plot, 1683		0	22	4	38	7 22	10 27	3 37	1 45	3 35
13	Tu	Berlin congress, 1878		0	10	4	38	7 22	10 54	4 20	2 43	4 7
14	We	Battle of Naseby, 1645	☾	Slow	4	38	7 22	11 19	5 1	3 49	4 45	5
15	Th	Luther excommunicated, 1520		0	16	4	38	7 23	11 44	5 42	4 56	5 24
16	Fri	Dunbar mine disaster, 1890		0	29	4	38	7 23	Mor.	6 25	5 39	6 21
17	Sa	Mary Anderson married, 1890	☾	0	42	4	38	7 24	0 10	7 9	6 46	6 56

## (25.) 3d Sunday after Trinity.

Luke 15.

Day's length, 14 h. 46 m.

18	S	M'Kinley nominated, 1896	☾	0	55	4	38	7 24	0 40	7 56	7 56	7 30
19	Mo	Council of Nice, 325		1	8	4	38	7 24	1 12	8 48	9 8	8 8
20	Tu	Augsburg diet met, 1530		1	21	4	38	7 24	1 51	9 44	10 19	8 53
21	We	Black hole tragedy, 1766	☾	1	34	4	39	7 25	2 39	10 44	11 23	9 29
22	Th	Lieutenant Greeley rescued, 1884		1	47	4	39	7 25	3 36	11 46	0 24	10 24
23	Fri	Benjamin H. Bristow died, 1896		1	59	4	39	7 25	Ris.	Mor.	1 17	11 19
24	Sa	Riots in Boston, 1854	☾	2	12	4	39	7 25	8 37	0 49	.....	2 1

## (26.) 4th Sunday after Trinity.

Luke 6.

Day's length, 14 h. 46 m.

25	S	Napoleon's farewell, 1815	☾	2	25	4	39	7 25	9 18	1 48	0 13	2 41
26	Mo	Isabella abdicated, 1870		2	37	4	40	7 25	9 54	2 46	1 7	3 21
27	Tu	Joseph Smith shot, 1844		2	49	4	40	7 25	10 26	3 39	2 7	4 5
28	We	Henry VIII. born, 1491	☾	3	1	4	40	7 25	10 56	4 30	3 15	4 56
29	Th	Earthquake in Italy, 1877		3	13	4	41	7 25	11 27	5 19	4 32	5 38
30	Fri	Earl of Argyle executed, 1685		3	25	4	41	7 25	11 59	6 8	5 56	6 22

To DRILL HOLES IN GLASS.—Holes can be easily drilled in glass with an ordinary drill, if the spot is moistened with a few drops of

a mixture composed of 25 parts of oxalic acid in 12 parts of turpentine. Keep tightly corked.



### DISCOVERED AT LAST.

FIRST NEWSBOY.—“Hullo Bill! Who’s ‘e?”

SECOND NEWSBOY.—“I suppose he’s the North Pole as has just been discovered!”

From O. G. MANNING, David City, Neb.,  
May 28, 1896:

Dear Sirs—I wish to tell you what your Bitters has done for me, as it possibly may help some one. I was in bad shape for about three months, had five doctors prescribe for me, and three more examine me, and they every one had a different disease, and I continued to grow worse. Commenced taking Hostetter’s Stomach Bitters, and from the second day began to get well. I took four bottles and it cured me; has been eighteen months since, and am in better shape than I have ever been; have gained thirty pounds in weight. I think your medicine is a blessing to humanity.

AMONG the simple remedies which should be in the family medicine closet, one of the most useful is mutton suet. For cuts and bruises it is unequalled, as well as for chapped hands and faces. It is best to procure the suet at the butchers and fry it out at home, turning it into small moulds to

cool, and then roll it in tin foil. A camphor ice may be made by putting a piece of camphor gum the size of a walnut with half a cup of mutton tallow, and melting them together. Pour the mixture into a little cup or mould to become cool.

From W. P. DABNEY, M. D., Delaney, Ark.,  
January 30, 1897:

I have been handling your Bitters for 20 years, and find there is no better remedy for Lagrippe than Hostetter’s Stomach Bitters and Rock Candy. I have prescribed them hundreds of times, and never heard any one say they wanted a better remedy.

INCANDESCENT LIGHT.—It is said that singers, actors and public speakers find that since the introduction of the electric light they have less trouble with their voices, and they are less likely to catch cold, their throats are not so parched, and they feel better. This is due to the air being less vitiated and the temperature more even.





## MOON'S PHASES.

## SAN FRANCISCO.

	D.	H.	M.	
☾ NEW MOON,.....	7	0	22	Evening.
☾ FIRST QUARTER, ..	15	3	50	"
☾ FULL MOON, .....	22	1	32	"
☾ LAST QUARTER,.....	29	4	33	Morning.

Day Month.	Day Week	HISTORICAL EVENTS.	Moon's Constellation	Sun		Sun Sets.	Moon		High Water.	
				Slow.	Ris.		Rises	South	Morn.	Even.
				M. S.	H. M.		H. M.	H. M.	H. M.	H. M.
1	Sa	Harriet Beecher Stowe died, 1896		3 37	4 42	7 25	Mor.	6 57	7 12s	7 31
(27.) 5th Sunday after Trinity. Luke 5. Day's length, 14 h. 43 m.										
2	S	Quebec founded, 1608		3 48	4 42	7 25	0 35	7 47	8 29s	7 46
3	Mo	Iaaho admitted a state, 1890		4 0	4 43	7 25	1 13	8 39	9 46s	8 27
4	Tu	Vicksburg surrendered, 1863		4 10	4 43	7 25	1 57	9 31	10 53s	9 27
5	We	Battle of Chippewa, 1814		4 21	4 44	7 25	2 46	10 23	11 56s	9 41
6	Th	Edward VI. died, 153		4 31	4 44	7 25	3 40	11 14	0 41+s	10 20
7	Fri	Yale crew defeated in England, '96		4 41	4 45	7 24	Sets.	Ev 3	1 18+s	11 6
8	Sa	Port Hudson surrendered, 1863		4 51	4 45	7 24	8 0	0 51	1 54+s	11 52
(28.) 6th Sunday after Trinity. Matt. 5. Day's length, 14 h. 38 m.										
9	S	Braddock's defeat, 1755		5 0	4 46	7 21	8 30	1 31	.....	2 2s
10	Mo	Wyoming admitted, 1890		5 9	4 46	7 23	8 58	2 17	0 36	2 26s
11	Tu	Juarez president Mexico, 1859		5 17	4 47	7 23	9 23	2 59	1 23	2 47s
12	We	Henry Stanley married, 1890		5 25	4 47	7 23	9 47	3 39	2 15	3 11s
13	Th	Gen. Fremont died, 1890		5 32	4 48	7 23	10 13	4 20	3 4s	3 46
14	Fri	Peter III. died, 1702		5 39	4 49	7 22	10 39	5 4	4 10s	4 20
15	Sa	Flight of Mahomet, 622		5 45	4 50	7 21	11 10	5 48	5 23s	4 57
(29.) 7th Sunday after Trinity. Mark 8. Day's length, 14 h. 31 m.										
16	S	Stony Point taken, 1779		5 51	4 50	7 21	11 47	6 37	6 37s	5 37
17	Mo	Cawnpore captured, 1857		5 56	4 51	7 20	Mor.	7 29	7 52s	6 26
18	Tu	Papal infallibility decreed, 1870		6 0	4 52	7 20	0 28	8 26	9 8s	7 14
19	We	Wilberforce killed, 1873		6 4	4 53	7 19	1 19	9 26	10 25s	8 25
20	Th	Confederate congress in Richmd, '61		6 8	4 54	7 19	2 18	10 24	11 24s	9 26
21	Fri	Napoleon enters Brussels, 1803		6 11	4 54	7 18	3 26	11 30	0 1+s	10 26
22	Sa	Mrs. Swishelm died, 1884		6 13	4 55	7 18	Ris.	Mor.	0 57+s	11 23
(30.) 8th Sunday after Trinity. Matt. 7. Day's length, 14 h. 21 m.										
23	S	Printing invented, 1440		6 15	4 56	7 17	7 51	0 29	.....	1 28s
24	Mo	Gibraltar taken, 1704		6 16	4 57	7 16	8 25	1 27	0 14	2 3s
25	Tu	Queen Mary married, 1554		6 17	4 58	7 15	8 57	2 21	1 13	2 34s
26	We	Earthquake at Naples, 1805		6 17	4 58	7 15	9 29	3 12	2 10s	3 1
27	Th	Bank of England incorporated, 1694		6 17	4 59	7 14	10 1	4 3	3 19s	3 45
28	Fri	Reign of Terror ends, 1794		6 18	5 0	7 13	10 36	4 53	4 35s	4 30
29	Sa	Edmund Burke died, 1797		6 14	5 1	7 12	11 14	5 44	5 56s	5 18
(31.) 9th Sunday after Trinity. Luke 16. Day's length, 14 h. 9 m.										
30	S	Chambersburg burned, 1864		6 12	5 2	7 11	11 58	6 36	7 18s	6 8
31	Mo	Peace of Nimeguen, 1678		6 9	5 2	7 10	Mor.	7 28	8 34s	6 56

## ADVICE TO A BILIOUS SUBJECT.

A YELLOW face is not attractive, neither are eyes that exhibit, in what should be their whites, the same saffron hue. Do you look like this, gentle reader? Or, are you troubled with pain under the right shoulder and in the right side, furred tongue, heaviness of the head, nausea and dizziness. If you are, you ought to be aware that you are bilious. Take sensible advice, and use *Hostetter's Stomach Bitters*. It will certainly relieve you as it invariably relieves others who suffer in the same way. Probably you are troubled with more or less dyspepsia and constipation, as those interesting disorders usually accompany liver complaint. The Bitters will vanquish them as well. Make no doubt of this, for it is a certainty.

Torpidity of the liver is usually the source of disturbance in that great secretory gland, the largest in the human body. The Bitters rouses it from its inaction, diverts the bile from the blood

into its natural channels, relieves the bowels, and brings the stomach into harmonious action with this biliary organ. These results are accomplished naturally, without any of those violent perturbations of the intestinal region which griping pills, powders and potions produce, and are followed by no weakening reaction like that which ensues after using drastic cathartics, which affect the bowels and the bowels only, although it is sometimes pretended that they act upon the liver. Hostetter's Stomach Bitters is infinitely preferable to calomel, blue pill or any preparation of mercury, a drug which is most pernicious in its after effects upon the system, and should therefore be avoided.

Persons of bilious temperament are very apt to contract febrile complaints of a malarial type, when they come within the influence of the miasma poisoned air of fever and ague localities. They should remember that the Bitters prevents and eradicates such maladies.

**DRAWING DOWN THE DISEASE.**—At the very outset of the war, sundry wise men from New York urged Mr. Lincoln to keep away the Confederate armies from Washington by naval attacks upon Southern seaports. It reminded him, he said, of a New Salem (Illinois) girl who was troubled with a "singing in her head," for which there seemed to be no remedy, but a neighbor promised a cure if they would "make a plaster of psalm tunes and apply to her feet, and draw the singing down."

**BREATHING AND LIVER ACTION.**—The circulation of the blood through the liver, and hence all the functions of the liver, are greatly aided by the action of the chest and diaphragm in breathing. When the chest wall is lifted outward in the act of inspiration, air is not only drawn into the chest,

but blood is also drawn towards the heart. Deep breathing is thus a very important means of aiding both the stomach and the liver in their work.

ONE of the things which it seems difficult for the public mind to grasp is, that there is a decided difference between the knot and the mile. It seems easy enough to remember that a mile is only about 87 per cent. of a knot, the latter being, approximately, 6,082 feet in length, while the statute mile measures 5,280 feet.

Don't give a patient a full glass of water to drink from, unless he is allowed all he desires. If he can drain the glass he will be satisfied; so regulate the quantity before handing it to him.

EIGHTH  
MONTH.31  
DAYS.

## MOON'S PHASES.

## SAN FRANCISCO.

- ☾ NEW MOON,.....  
 ☾ FIRST QUARTER,.....  
 ☾ FULL MOON,.....  
 ☾ LAST QUARTER,.....

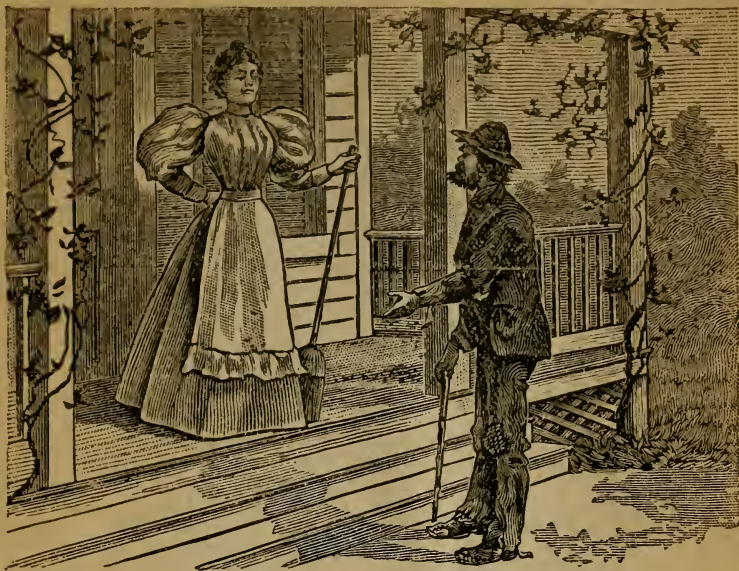
D.	H.	M.	
6	3	39	Morning.
14	3	45	"
20	8	36	Evening.
27	8	48	"

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	Sun Slow.	Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.	
				M. S.	H. M.	H. M.	H. M.	H. M.	Morn.	Even.
1	Tu	George I. crowned, 1714	♈	6 6	5 3	7 9	0 44	8 19	9 50 s	7 51 t
2	We	Charles X. abdicated, 1830	♈	6 2	5 4	7 8	1 36	9 10	10 51 s	8 41 t
3	Th	Arkwright died, 1792	♈	5 57	5 5	7 7	2 30	10 0	11 39 s	9 29 t
4	Fri	Iowa admitted, 1846	♈	5 52	5 6	7 6	3 27	10 48	0 17 s	10 13 t
5	Sa	Atlantic telegraph completed, 1858	♈	5 46	5 6	7 5	4 26	11 33	0 47 s	10 58 t
(33.) 10th Sunday after Trinity. Luke 19. Day's length, 13 h. 57 m.										
6	S	William Kemmler executed, 1890	♈	5 40	5 7	7 4	Sets. Ev 16	1 12 s	11 46 t	
7	Mo	Battle of Bojaca, 1819	♈	5 33	5 8	7 3	7 28	0 58	.....	1 36 s
8	Tu	Riots in Kilkenny, 1858	♈	5 25	5 9	7 2	7 52	1 39	0 33 t	1 39 s
9	We	Ashburton treaty, 1842	♈	5 17	5 10	7 1	8 17	2 20	1 10 s	1 52 t
10	Th	John Boyle O'Reilly died, 1890	♈	5 9	5 11	6 59	8 44	3 1	2 0 s	2 10 t
11	Fri	Davis Straits discovered, 1585	♈	4 59	5 12	6 58	9 13	3 45	2 5 s	2 28 t
12	Sa	George IV. born, 1762	♈	4 49	5 13	6 57	9 45	4 31	4 0 s	3 0 t
(33.) 11th Sunday after Trinity. Luke 18. Day's length, 13 h. 42 m.										
13	S	Sir John Millais died, 1896	♈	4 39	5 14	6 58	10 22	5 21	5 15 s	3 49 t
14	Mo	Oregon a territory, 1848	♈	4 28	5 15	6 55	11 7	6 13	6 32 s	4 38 t
15	Tu	Gen. Hull surrenders, 1812	♈	4 17	5 15	6 53	Mor.	7 10	7 50 s	5 50 t
16	We	Ben Jonson died, 1637	♈	4 4	5 16	6 52	0 2	8 10	9 2 s	7 4 t
17	Th	Gail Hamilton died, 1896	♈	3 51	5 17	6 51	1 4	9 11	10 10 s	8 22 t
18	Fri	Corner stone capitol laid 1798	♈	3 38	5 18	6 50	2 14	10 10	11 5 s	9 31 t
19	Sa	Guerriere captured, 1812	♈	3 24	5 19	6 48	4 27	11 9	11 48 s	10 34 t
(34.) 12th Sunday after Trinity. Mark 7. Day's length, 13 h. 28 m.										
20	S	Steamer Atlantic sunk 1852	♈	3 10	5 19	6 47	4 44	Mor.	0 24 s	11 82 t
21	Mo	Earthquake at Palermo, 1726	♈	2 56	5 20	6 45	Ris.	0 5	.....	0 44 s
22	Tu	Hoke Smith resigned, 1896	♈	2 41	5 21	6 44	7 27	0 59	0 20 s	1 6 t
23	We	Alexander Wilson died, 1813	♈	2 25	5 22	6 43	7 59	1 52	1 24 s	1 33 t
24	Th	Battle of Bladensburg, 1814	♈	2 9	5 23	6 41	8 35	2 44	2 23 s	2 0 t
25	Fri	Cannon first used, 1846	♈	1 53	5 23	6 40	9 14	3 36	3 26 s	2 37 t
26	Sa	Battle of Dresden, 1813	♈	1 36	5 24	6 38	9 56	4 29	4 37 s	3 50 t
(35.) 13th Sunday after Trinity. Luke 10. Day's length, 13 h. 12 m.										
27	S	New Amsterdam surrenders, 1664	♈	1 19	5 25	6 37	10 41	5 22	5 56 s	4 23 t
28	Mo	Li Hung Chang arrived, 1896	♈	1 2	5 26	6 36	11 31	6 15	7 17 s	5 25 t
29	Tu	Norway and Denmark united, 1450	♈	0 41	5 27	6 34	Mor.	7 6	8 25 s	6 28 t
30	We	Charles Stanley Reinhart d., 1896	♈	0 26	5 28	6 33	0 25	7 57	9 24 s	7 33 t
31	Th	Clive takes Arcot, 1751	♈	0 8	5 29	6 31	1 22	8 45	10 21 s	8 29 t

PROTECT THE BACK.—Dr. Snively says: The portion of the body which most requires protection against cold and wind, is that be-

tween the shoulder blades behind, as it is at this point the lungs are attached to the body, and the blood is easily chilled.





### THE NAKED TRUTH.

LADY.—“I’m afraid your story of your sudden bereavement by your wife’s death two weeks ago, and your children’s illness, is not quite the truth.”

TRAMP (hurt).—“Not true! Look here lady, I’ve been in this unfortunate persition for more nor five year, and have said the same thing hundreds of times, and you’re the just as ever doubted my word afore!”

From W. T. HINDMAN, Burlington, Indiana,  
May 21, 1896:

Gentlemen—I have been selling your Hostetter’s Stomach Bitters for several years, with good success both in sale and cure. I call to mind several cases of stomach trouble that have been permanently cured with the Bitters; one in particular. A lady had tried the home physicians for years, had given up in despair. Her husband, in looking over your Almanac, found what fitted her case; they tried it, and the result was that she has had but one attack in three or four years.

THE best definition of good housekeeping was given by a little boy, after listening to a learned discussion from some of his mother’s club associates, was asked: “Well, my little man, what kind of a home do you think is best?” A beautiful light came into the child’s eyes. “I don’t know much

about it. Just the only kind that I like is the home that is nice to go to.”

From HAUSER & PARKER, Columbus, Ind.,  
May 16, 1896:

We still sell more of your Hostetter’s Stomach Bitters than all others combined, and they always give entire satisfaction.

THE EYE.—The eyeball rests in a cushion of fat, by which it is surrounded on every side. When the system becomes greatly emaciated through disease, this fat is absorbed and the eye sinks further into the head, thus giving the sunken appearance so common in disease.

From C. N. SHELTON, M. D., Perkins, Okl.  
Ter., June 1, 1896:

I used Hostetter’s Stomach Bitters for several years, and think they are a fine remedy for what they are designed.



## MOON'S PHASES.

☾	NEW MOON.....
☾	FIRST QUARTER.....
☾	FULL MOON.....
☾	LAST QUARTER.....

## SAN FRANCISCO.

D.	H.	M.	
4	7	24	Evening.
12	1	40	"
19	4	22	Morning.
26	6	53	"

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast.	Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.
				M. S.	H.M.	H.M.	H. M.	H. M.	Morn. Even.
									H. M. H. M.

1	Fri	Lopez garroted, 1851		{ 0 11	5 30	6 30	2 20	9 32	11 3s	9 23
2	Sa	Napoleon III. surrenders, 1870		{ 0 30	5 31	6 29	3 19	10 15	11 37s	10 10

(36.) 14th Sunday after Trinity. Luke 17. Day's length, 12 h. 55 m.

3	S	Battle of Dunbar, 1650		{ 0 49	5 32	6 27	4 16	10 57	0 07s	10 55
4	Mo	Gen. Morgan killed, 1864		{ 1 9	5 32	6 26	5 13	11 33	0 19s	11 41
5	Tu	Continental congress met, 1774		{ 1 23	5 33	6 24	Sets. Ev 19	.....	.....	0 37
6	We	Fort Griswold taken, 1781		{ 1 49	5 34	6 23	6 48	1 1	0 6s	0 48
7	Th	Battle of Belmont, 1861		{ 2 9	5 35	6 21	7 16	1 11	0 5s	1 6
8	Fri	South Sea bubble burst, 1710		{ 2 29	5 36	6 20	7 49	2 29	1 46s	1 20
9	Sa	Sebastopol captured, 1855		{ 2 50	5 36	6 18	8 24	3 17	2 42s	1 42

(37.) 15th Sunday after Trinity. Matt. 6. Day's length, 12 h. 40 m.

10	S	Invasion of Canada, 1775		{ 3 11	5 37	6 17	9 6	4 8	3 45s	2 19
11	Mo	Battle of Delhi, 1803		{ 3 32	5 38	6 15	9 54	5 2	5 0s	3 6
12	Tu	Gen. Walker shot, 1860		{ 3 53	5 39	6 13	10 52	5 59	6 22s	4 22
13	We	Robert Hoe died, 1884		{ 4 14	5 40	6 12	11 57	6 57	7 36s	5 38
14	Th	Jas. Fennimore Cooper died, 1851		{ 4 35	5 40	6 10	Mor.	7 55	8 45s	6 57
15	Fri	Forest Fires, 1871		{ 4 56	5 41	6 9	1 6	8 52	9 48s	8 14
16	Sa	James II. died, 1701		{ 5 18	5 42	6 7	2 30	9 43	10 40s	9 26

(38.) 16th Sunday after Trinity. Luke 7. Day's length, 12 h. 22 m.

17	S	Battle of Antietam, 1862		{ 5 39	5 43	6 5	3 23	10 43	11 20s	10 30
18	Mo	Dion Bouicault died, 1890		{ 6 0	5 44	6 4	4 48	11 36	11 52s	11 28
19	Tu	Battle of Iuka, 1862		{ 6 21	5 45	6 2	Ris.	Mor.	.....	0 20s
20	We	Treaty of Ryswick, 1697		{ 6 43	5 46	6 1	6 28	0 29	0 38s	0 26
21	Th	Nicaragua independent, 1821		{ 7 4	5 47	5 59	7 7	1 22	1 16s	0 51
22	Fri	Mormonism founded, 1827		{ 7 25	5 48	5 54	7 49	2 17	2 17s	1 18
23	Sa	Russian fleet sunk, 1854		{ 7 46	5 49	5 56	8 35	3 11	3 18s	1 56

(39.) 17th Sunday after Trinity. Luke 14. Day's length, 12 h. 6 m.

24	S	Don Pedro died, 1834		{ 8 6	5 49	5 55	9 24	4 6	4 22s	2 46
25	Mo	Benedict Arnold deserted, 1780		{ 8 27	5 50	5 53	10 18	5 0	5 40s	3 53
26	Tu	John W. Garrett died, 1884		{ 8 47	5 51	5 52	11 14	5 51	6 53s	4 58
27	We	Alva takes Rome, 1557		{ 9 7	5 52	5 50	Mor.	6 41	7 56s	6 34
28	Th	Bishop Randall died, 1873		{ 9 27	5 53	5 49	0 11	7 28	8 51s	7 6
29	Fri	Gustavus Vasa died 1560		{ 9 47	5 53	5 47	1 9	8 12	9 40s	8 6
30	Sa	Virginus captured, 18.3		{ 10. 6	5 54	5 46	2 7	8 55	10 20s	9 1

AND still the reaper keeps his track—  
Nor pauseth he, nor turneth back;  
The yellow stalk, the shooting leaf,

Are daily laid to make the sheaf;  
And death, relentless, will not wait  
For mortal man or mighty state.

## ACTION OF THE BITTERS UPON THE KIDNEYS AND BLADDER.

**H**OSTETTER'S STOMACH BITTERS is a superb diuretic.

It imparts tone to the organs of urination, and infuses activity and regularity into their operations. When we consider the importance of the office performed by these organs, we perceive the value of a medicine which ensures their health and activity. It is the business of the kidneys to secrete from the blood, in its passage through them, the waste and debris of the system, the effete matter thrown off by it—its ashes, so to speak. This is, or should be, then discharged through the bladder. Now if the kidneys become sluggish, this important function is inefficiently performed, the blood becomes contaminated with the refuse which should have been strained from it, and the poison thus retained in the life current breeds the most obstinate maladies against which medical skill is invoked. Moreover, since the

health of the kidneys themselves is absolutely dependent upon their activity, they become diseased when inactive, and unhappily, the diseases to which they are subject are of the most destructive kind. Among them are Bright's disease, fatty degeneration of the kidneys, albuminuria, diabetes, and others less formidable, but no less obstinate. The complaints which affect the bladder are also of a serious nature. *Hostetter's Stomach Bitters* averts disease from the urinary organs by gently stimulating them when sluggish, and strengthening them when weak. It promotes the secretion and discharge of healthy urine, which does not irritate the bladder, and assisting the action of the kidneys, promotes the elimination from the blood of those impurities which, as we have seen, poison the system and breed disease, when they are not completely filtered from it.

**FIRE-PROOF CLOTH.**—It is an easy matter, without in any way injuring its appearance, to make cloth almost fire-proof. This may be done by mixing a little alum or tungstate of soda with the starch used on the cloth. When treated this way the cloth will not blaze up when exposed to a flame, though it will char very slowly.

**WHAT IS FAME?**—"Mr. Speaker," exclaimed a member of the New South Wales Parliament, "my colleague taunts me with a desire for fame. I scorn the imputation, sir. Fame, sir! What is fame? It is a shaved pig with a greased tail, which slips through the hands of thousands, and then is accidentally caught by some lucky fellow that happens to hold on to it. I let the greasy-tailed quadruped go by me without an effort to clutch it, sir."

**BOILING WATER.**—Delmonico once said: "Few persons know how to cook water. The secret is putting good, fresh water into a neat kettle, already quite warm, and setting the water to boiling quickly, and then taking it right off to use before it is spoiled. To let it steam and simmer and evaporate until all the good water is in the atmosphere, and the lime and iron dregs only left in the kettle—bah! that is what makes a great many people sick, and is worse than no water at all."

**DAMPNESS IN DWELLINGS.**—Place one keg freshly slacked lime in a suspected room, and then hermetically close doors and windows. In 24 hours weigh the lime. If its weight has increased more than 10 grammes (1 per cent.), the room is too damp for health.





## MOON'S PHASES.

## SAN FRANCISCO.

☾	NEW MOON,.....
☾	FIRST QUARTER,.....
☾	FULL MOON,.....
☾	LAST QUARTER,.....

D.	H.	M	
4	11	5	Morning.
11	10	0	Evening.
18	1	55	"
26	1	31	Morning.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast.	Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.
				M S.	H. M.	H. M.	H. M.	H. M.	Morn. Even.

## (40.) 18th Sunday after Trinity. Matt. 22. Day's length, 11 h. 49 m.

1 S	Battle of Lowositz, 1756		10 25	5 55	5 44	3 4	9 36	10 51 s	9 51 l
2 Mo	Brigham Young arrested, 1871		10 41	5 56	5 42	4 1	10 18	11 15 l	10 30 s
3 Tu	Blackhawk died, 1838		11 3	5 57	5 41	5 0	10 59	11 44 l	11 17 s
4 We	Alexander Selkirk exiled, 1704		11 21	5 58	5 39	5 57	11 43	11 59 l	.....
5 Th	Cornwallis died, 1805		11 39	5 59	5 38	Sets.	Ev 27	0 9 s	11 43 l*
6 Fri	Alexander Murray died, 1821		11 56	6 0	5 36	6 26	1 14	1 3 s	0 3 l
7 Sa	Battle of Lepanto, 1571		12 13	6 1	5 35	7 6	2 6	1 57 s	0 31 l

## (41.) 19th Sunday after Trinity. Matt. 9. Day's length, 11 h. 31 m.

8 S	George Du Maurier died, 1896		12 30	6 2	5 33	7 53	2 59	2 52 s	0 58 l
9 Mo	U. S. bank suspended, 1859		12 46	6 3	5 32	8 46	3 54	3 54 s	1 54 l
10 Tu	First overland mail, 1853		13 2	6 4	5 30	9 48	4 51	4 58 s	3 0 l
11 We	Dr. Kane returns, 1855		13 18	6 5	5 29	10 54	5 48	6 10 s	4 22 l
12 Th	Siege of Orléans, 1428		13 33	6 6	5 28	Mor.	6 44	7 18 s	5 44 l
13 Fri	New York banks suspend, 1857		13 47	6 7	5 26	0 5	7 38	8 18 s	7 4 l
14 Sa	William Penn born, 1644		14 1	6 7	5 25	1 16	8 31	9 12 s	8 22 l

## (42.) 20th Sunday after Trinity. Matt. 22. Day's length, 11 h. 15 m.

15 S	America discovered, 1492		14 14	6 8	5 23	2 25	9 23	9 58 s	9 34 l
16 Mo	Ridley burned, 1555		14 26	6 9	5 22	3 37	10 15	10 34 s	10 38 l
17 Tu	A. M. Sullivan died, 1884		14 38	6 10	5 21	4 49	11 7	10 56 l	11 46 s
18 We	St. Albans' raid, 1864		14 50	6 11	5 19	6 0	Mor.	11 20 l	.....
19 Th	Ferdinand and Isabella marr., 1469		15 1	6 12	5 18	Ris.	0 1	0 46 s	11 29 l*
20 Fri	George I. crowned, 1714		15 11	6 13	5 16	6 25	0 56	1 29 s	0 0 l
21 Sa	Richard III. born, 1440		15 21	6 14	5 15	7 15	1 52	2 26 s	1 31 l

## (43.) 21st Sunday after Trinity. John 4. Day's length, 10 h. 59 m.

22 S	Battle of Red Bank, 1777		15 30	6 15	5 14	8 9	2 47	3 25 s	1 15 l
23 Mo	A. H. Davenport died, 1873		15 39	6 16	5 13	9 6	3 41	4 15 s	2 13 l
24 Tu	Spain cedes Florida, 1820		15 46	6 17	5 11	10 3	4 32	5 11 s	3 22 l
25 We	Charles V. abdicated, 1555		15 53	6 18	5 10	11 1	5 21	6 10 s	4 32 l
26 Th	Rouen captured, 1562		16 0	6 19	5 9	11 59	6 7	7 6 s	5 39 l
27 Fri	Servetus burnt, 1553		16 5	6 20	5 8	Mor.	6 50	7 53 s	6 43 l
28 Sa	Tammany ring tried, 1871		16 9	6 21	5 7	0 56	7 32	8 33 s	7 46 l

## (44.) 22d Sunday after Trinity. Matt. 18. Day's length, 10 h. 43 m.

29 S	Stokes sentenced, 1873		16 13	6 22	5 5	1 52	8 14	9 10 l	8 38 s
30 Mo	John Adams born, 1735		16 16	6 23	5 4	2 49	9 55	9 52 l	9 35 s
31 Tu	Cyclone in Bengal, 1777		16 18	6 24	5 3	3 47	9 38	10 17 l	10 29 s

WHEN I am only fit to go to bed,  
Or hobble out to sit within the sun,

Ring down the curtain say the play is done,  
And the last petals of the poppy shed.

## STRENGTHEN AND QUIET THE NERVES.

**N**ERVOUSNESS is no fit subject for mirth, though it is sometimes made so by the heartless and unthinking. It is a very real and grievous affliction. All the impressions that over-sensitive nerves receive are exaggerated. Upon the tympanum of a nervous subject the sportive cry of a child strikes like a deafening shout, and the rumbling of a passing vehicle like the roar of a park of artillery. That this should be so may strike some people as ludicrous, but to the person who experiences such overwrought sensations, their realization is no joke.

Undue mental strain, severe shocks, exposure, excessive labor, anxiety, any of these, when prolonged, may produce nervousness, but its parent is usually a general want of tone in the system, and its accompaniment a lack of vital power.

*Hostetter's Stomach Bitters* is a capital medicine for strengthening the nerves and tranquillizing them when overstrained. That it is so is chiefly

traceable to the fact that it is an invigorant of the entire physical structure, and the nerves, in common with other parts of the body, come within its vitalizing influence. It also acts as a sedative of the nervous system, and is greatly to be preferred to those opiates and narcotics which for the time being throw the brain into a state of semi-paralysis, and which, if resorted to persistently, soon cease to have any effect whatever. Such remedies, moreover, do irreparable injury to the thinking organ, and their frequent use is deprecated even by physicians who occasionally prescribe them in extreme cases.

Nervous people are very apt to suffer from indigestion, which shows how much the stomach has to do with the condition of the system. Upon this organ *Hostetter's Stomach Bitters* exerts a regulating and soothing influence, which speedily makes itself felt in a remarkable gain of gastric health and nerve quietude.

No two men take a thing just alike, and very few can sit down quietly, when they have lost in life's wrestle, and say: "Well, here I am, beaten, no doubt, this time; by my own fault, too. Now, take a good look at me, my good friends, as I know you all want to do, and say your say out, for I am getting up again directly, and having another turn at it."—THOMAS HUGHES.

**THE RIGHT EXPRESSION.**—It is said of Mrs. Siddons that one day, as she was driving through St. Giles, she saw two Irish women fighting. The tragedienne ordered her coachman to stop, much to the surprise of the lady who was her companion. Mrs. Siddons attentively watched the fight till its termination, when she told her servant to drive on. "You are astonished," she said to her friend, "at my stopping to witness a

street fight. But I have never been satisfied that I had exactly caught the true facial expression for Lady Macbeth when she talks of dashing out the brains of her child. One of those women struck me as having exactly the expression required, and I am determined to try it to-night, as I have to play the character." She did, and the effect electrified the town.

**HENRY WARD BEECHER**, in his famous speech at Manchester, England, in which he talked for an hour against a howling mob of rebel sympathizers before he gained their attention, was interrupted by a man in the audience, who shouted: "Why didn't you whip the Confederates in sixty days, as you said you would?" "Because," replied Beecher, "We found we had Americans to fight instead of Englishmen."

Eleventh  
MONTH.30  
DAYS

## MOON'S PHASES.

## SAN FRANCISCO.

☉ NEW MOON.....	D. H. M.	
☾ FIRST QUARTER. ....	3 2 17	Morning.
☽ FULL MOON.....	10 5 26	"
☾ LAST QUARTER. ....	17 2 9	"
	21 10 25	Evening.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun					Moon		High Water.	
				Fast.	Ris.	Sets.	Rises	South			Morn.	Even.
				M. S.	H. M.	H. M.	H. M.	H. M.			H. M.	H. M.
1	We	Sheridan commissioned general, '83	♈	16 20	6 25	5 2	4 47	10 22	10 39	11 24	s	
2	Th	Fremont removed, 1861	♈	16 21	6 26	5 1	5 48	11 9	10 58	.....		
3	Fri	Louis Gaylord (Clark died, 1873	♈	16 20	6 28	5 0	Sets.	Ev 0	0 16	10 50	12	
4	Sa	Guadaloupe discovered, 1493	♈	16 29	6 29	4 59	5 49	0 53	1 11	11 17	12	

## (45.) 23d Sunday after Trinity.

Matt. 22.

Day's length, 10 h. 28 m.

5	S	Grant re-elected, 1872	♈	16 18	6 30	4 58	6 42	1 49	2 7	0 7	1	
6	Mo	Revolt at Montreal, 1847	♈	16 15	6 31	4 57	7 42	2 46	2 55	0 57	1	
7	Tu	First newspaper printed, 1663	♈	16 12	6 32	4 56	8 43	3 43	3 43	1 55	1	
8	We	Slidell and Mason captured, 1861	♈	16 7	6 33	4 55	9 55	4 40	4 39	3 5	1	
9	Th	Montreal taken, 1775	♈	16 2	6 34	4 54	11 5	5 34	5 44	4 30	1	
10	Fri	Battle of St. Denis, 1567	♈	15 56	6 35	4 53	Mor.	6 25	6 48	5 53	1	
11	Sa	Martin Luther born, 1483	♈	15 49	6 36	4 52	0 14	7 15	7 30	7 6	1	

## (46.) 24th Sunday after Trinity.

Matt. 9.

Day's length, 10 h. 14 m.

12	S	French sieze Vienna, 1805	♈	15 42	6 37	4 51	1 23	8 5	8 20	8 38	1	
13	Mo	Synod of Dort met, 1618	♈	15 33	6 39	4 51	2 33	8 57	8 57	9 47	1	
14	Tu	Herschel born, 1738	♈	15 24	6 40	4 50	3 42	9 49	9 33	10 59	1	
15	We	Baring Bros. failed, 1890	♈	15 14	6 41	4 49	4 51	10 42	10 1	.....	1	
16	Th	Battle of Lutzen, 1632	♈	15 3	6 42	4 48	6 0	11 37	0 18	10 25	1	
17	Fri	Suez canal opened, 1869	♈	14 51	6 43	4 48	Ris.	Mor.	0 51	10 56	1	
18	Sa	Robin Hood died, 1247	♈	14 38	6 44	4 47	5 54	0 33	1 50	11 26	1	

## (47.) 25th Sunday after Trinity

John 6.

Day's length, 10 h. 2 m.

19	S	Cape of Good Hope doubled, 1497	♈	14 25	6 45	4 47	6 50	1 28	2 26	0 10	1	
20	Mo	Laharpe born, 1729	♈	14 11	6 46	4 46	7 50	2 21	3 8	0 58	1	
21	Tu	Berlin decree issued, 1806	♈	13 56	6 47	4 45	8 49	3 12	3 46	1 53	1	
22	We	France an empire, 1852	♈	13 40	6 48	4 45	9 48	4 0	4 27	2 53	1	
23	Th	Elbridge Gerry died, 1814	♈	13 24	6 49	4 44	10 45	4 44	5 78	4 7	1	
24	Fri	Poland disintegrated, 1702	♈	13 6	6 50	4 44	11 41	5 27	5 57	5 15	1	
25	Sa	Mrs. Partington died, 1890	♈	12 48	6 51	4 43	Mor.	6 9	6 39	6 20	1	

## (48.) 26th Sunday after Trinity.

John 6.

Day's length, 9 h. 51 m.

26	S	Marshal Soult died, 1857	♈	12 29	6 52	4 42	0 38	6 49	7 16	7 0	s	
27	Mo	Fanny Ellsler died, 1884	♈	12 9	6 53	4 42	1 34	7 31	8 14	8 6	s	
28	Tu	Baron Steuben died, 1794	♈	11 48	6 54	4 42	2 32	8 15	8 48	9 12	s	
29	We	Savannah taken, 1778	♈	11 27	6 55	4 41	3 33	9 0	9 22	10 13	s	
30	Th	Siege of Antwerp, 1832	♈	11 5	6 56	4 41	4 35	9 49	9 47	11 14	s	

BETWEEN the dark and the daylight,  
When the night is beginning to lower,  
Comes a pause in the day's occupations,  
That is known as the Children's Hour.

For still in mutual sufferance lies  
The secret of true living;  
Love scarce is love that never knows  
The sweetness of forgiving.





NOT AN ONION.

ERASTUS.—"I wants it eighteen onions fine."

JEWELER.—"I presume you mean eighteen karats."

ERASTUS.—"Das it, das it, sah. Eighteen karats. I knowed 'twar a vegetable."

From THORNTON DRUG Co., Thornton, Ark.,  
January 28, 1896:

We never fail to recommend your Hostetter's Stomach Bitters to dyspeptic patients. We find almost an infallible cure in them for same.

NAV, never falter; no great deed is done  
By falterers, who ask for certainty.  
No good is certain but the steadfast mind,  
The undivided will to seek the good:  
'Tis that compels the elements, and wrings  
A human music from the indifferent air.  
The greatest gift a hero leaves his race  
Is to have been a hero. Say we fail!  
We feed the high tradition of the world,  
And leave our spirit in our children's  
breasts. George Eliot.

IMPERVIOUS PAPER.—A saturated borax solution in which shellac has been dissolved by warming may be used, or 24 grams of

alum and 4 grams of white soap, dissolved in 32 grams of water, may be mixed with a solution of 6 grams of acacia, 6 grams of gelatine in 32 grams of water. The mixture warmed, and the paper impregnated and dried.

From J. L. GASKINS, Starke, Florida, April 17, 1896:

Have sold your Hostetter's Stomach Bitters many (25) years, and find them an excellent stomachic and tonic for weak and debilitated persons.

THERE is no morrow. Though before our face  
The shadow named so stretches, we always  
Fail to o'ertake it, hasten as we may;  
God only gives one island inch of space  
Betwixt the Eternities, as standing place  
Where each may work—the inexorable  
To-day. MARGARET J. PRESTON.

Twelfth  
MONTH.31  
DAYS.

## MOON'S PHASES.

## SAN FRANCISCO.

	D	H.	M.	
☾ NEW MOON,.....	2	4	38	Evening.
☾ FIRST QUARTER, ..	9	0	53	"
☾ FULL MOON, .....	16	5	22	"
☾ LAST QUARTER,.....	24	7	48	"

Day Month.	Day Week	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast.	Sun Ris.	Sun Sets.	Moon Rises	Moon South	High Water.
				M S.	H. M.	H. M.	H. M.	H. M.	Morn. Even.
1	Fri	Habeas corpus restored, 1865	♏	10 42	6 57	4 41	5 38	10 42	10 14 1
2	Sa	Ferdinand I. abdicated, 1848	♏	10 19	6 58	4 41	6 41	11 37	0 9 s 10 35 1/2
(49.) 1st Sunday in Advent.				Matt. 21.		Day's length, 9 h. 42 m.			
3	S	Illinois admitted, 1818	♏	9 56	6 59	4 41	Sets.	Ev 36	1 6 s 11 6 1/2
4	Mo	French captured Madrid, 1808	♏	9 31	7 0	4 41	6 37	1 35	1 57 s 11 59 1/2
5	Tu	Mozart died, 1791	♏	9 6	7 1	4 41	7 46	2 33	2 43 s 0 55 1/2
6	We	Emperor William born, 1792	♏	8 41	7 2	4 41	8 56	3 29	3 27 s 1 53 1/2
7	Th	Gen. Maceo killed, 1896	♏	8 15	7 3	4 41	10 6	4 22	4 15 s 3 11
8	Fri	Ecumenical council, 1869	♏	7 48	7 3	4 41	11 15	5 13	5 10 s 4 20 1/2
9	Sa	Father Matthew died, 1858	♏	7 22	7 4	4 41	Mor.	6 3	6 4 s 5 40 1/2
(50.) 2d Sunday in Advent.				Luke 21.		Day's length, 9 h. 36 m.			
10	S	Death of Leopold I., 1865	♏	6 55	7 5	4 41	0 24	6 52	6 53 s 7 11 1/2
11	Mo	Plague in London, 1625	♏	6 27	7 6	4 41	1 33	7 43	7 31 1/2 8 21 s
12	Tu	Sir M. I. Brunel died, 1849	♏	5 58	7 7	4 41	2 41	8 35	8 16 1/2 9 42 s
13	We	Earthquake at Tripoli, 1759	♏	5 30	7 7	4 42	3 48	9 28	8 54 1/2 10 54 s
14	Th	Prince Albert died, 1861	♏	5 1	7 8	4 42	4 52	10 22	9 28 1/2 11 52 s
15	Fri	A. Salvini died 1896	♏	4 32	7 9	4 42	5 54	11 17	9 58 1/2
16	Sa	Fair at New Orleans opened, 1884	♏	4 3	7 10	4 42	6 53	Mor.	0 52 s 19 25 1/2
(51.) 3d Sunday in Advent.				Matt. 11.		Day's length, 9 h. 33 m.			
17	S	Milan decree published, 1807	♏	3 33	7 10	4 43	Ris.	0 11	1 25 s 11 8 1/2
18	Mo	Humphrey Davy born, 1778	♏	3 4	7 11	4 43	6 36	1 2	2 6 s 11 54 1/2
19	Tu	Henry II. crowned, 1154	♏	2 34	7 11	4 44	7 34	1 52	2 42 s 0 41 1/2
20	We	Sherman enters Savannah, 1864	♏	2 4	7 12	4 44	8 32	2 39	3 15 s 1 31 1/2
21	Th	Sikhs defeated, 1845	♏	1 35	7 12	4 44	9 31	3 22	3 45 s 2 25 1/2
22	Fri	Embargo law passed, 1807	♏	1 5	7 13	4 45	10 27	4 4	4 15 s 3 29 1/2
23	Sa	James II. abdicated, 1688	♏	0 35	7 13	4 45	11 23	4 45	4 53 1/2 4 24 s
(52.) 4th Sunday in Advent.				John 1.		Day's length, 9 h. 32 m.			
24	S	Great snow in England, 1836	♏	0 5	7 14	4 46	Mor.	5 25	5 38 1/2 5 33 s
25	Mo	Surrender of Hessians, 1776	♏	Slow	7 14	4 46	0 20	6 7	6 15 1/2 6 40 s
26	Tu	Siege of Metz, 1552	♏	0 55	7 14	4 47	1 18	6 51	6 50 1/2 7 52 s
27	We	John Kepler born, 1581	♏	1 25	7 15	4 48	2 18	7 37	7 26 1/2 9 4 s
28	Th	T. Babington Macaulay died, 1859	♏	1 54	7 15	4 48	3 20	8 23	8 4 1/2 10 13 s
29	Fri	Lord Strafford executed, 1680	♏	2 24	7 16	4 49	4 22	9 21	8 47 1/2 11 17 s
30	Sa	The Monitor sunk, 1862	♏	2 53	7 16	4 50	5 24	10 19	5 23 1/2
(53.) Sunday after Christmas.				Matt. 1.		Day's length, 9 h. 34 m.			
31	S	Battle of Murfreesboro, 1862	♏	3 22	7 16	4 50	6 24	11 19	0 8 s 10 10 1/2

## PREVENT AND CURE RHEUMATISM.

THE stomach, when it becomes disordered, often evolves certain acids, which being absorbed by the circulation, cause rheumatism and gout. These agonizing complaints, to conquer which the prescribed remedies are frequently powerless, may be both counteracted and prevented with *Hostetter's Stomach Bitters*.

The acid poison, which is the source of the difficulty, being in the blood, the problem is, how to expel it. It is through the kidneys and the pores that such impurities must leave the system. Hostetter's Stomach Bitters stimulates the kidneys to increased activity, and by diffusing a genial warmth through the superficial circulation, opens the pores. Through both these channels the rheumatic virus passes off, and relief is obtained, which a persistent use of the Bitters renders permanent.

That inimitable blood depurent is

likewise the best possible preventive of the diseases mentioned, since it annihilates those acids in the stomach which give rise to them, and by regulating the gastric organs, prevents the development of such acids.

General nervous debility is a usual accompaniment of rheumatism and its kindred malady. For this the Bitters is an unequalled remedy.

Colchicum and other dangerous drugs are often professionally administered for rheumatism. Hostetter's Stomach Bitters is a safe substitute for such medicaments, and is far more certain to accomplish the object in view.

Persons who have a predisposition to rheumatic or neuralgic complaints, or who are subjected to much exposure in a humid atmosphere, should use the Bitters as a preventive. A recourse to it in the earlier stages of these disorders is also strongly to be recommended.

LIME WATER has a tendency to make children grow, and in countries where the drinking water is heavily impregnated with it, the men are apt to be tall. It is now used very extensively in the milk for children, but it should not be restricted to children. For a perfect sanitary diet, alkaline water is needed for every person who eats heavily of meat, and this means nearly everybody excepting the vegetarians.

NATURE takes the time when one is lying down to give the heart rest, and that organ consequently makes ten strokes less a minute than when one is in an upright posture. Multiply that by 60 minutes and it is 600 strokes. Therefore, in 8 hours spent in lying down the heart is saved nearly 5,000 strokes, and as the heart pumps 6 ounces of blood with each stroke; it lifts 30,000 ounces less of blood in a night of 8 hours spent in

bed than when one is in an upright position. As the blood flows so much more slowly through the veins when one is lying down, we must supply them with extra covering to provide the warmth usually furnished by circulation.

HYGIENE OF THE EYE.—When your eyes ache, close them for five minutes. When they burn, bathe them in water as hot as can be borne, with a dash of witch hazel in it. After weeping, bathe them in rose water, and lay a towel wet with rose water over them for five minutes. When they are bloodshot, sleep more. When the whites are yellow and the pupils dull, consult your doctor about your diet.

THE lamb and the lion may lie down together, but the lion will be the only one to get up.



## THE WAY TO GAIN STAMINA.

THE weak and attenuated are naturally anxious to gain stamina, and frequently lavish unlimited cash uselessly in the effort to obtain it. The doctors can tell them what is the matter, viz.: that the blood is thin and watery in consequence of incomplete assimilation of the food, and is deficient in nourishing properties, but can they cure the difficulty? Salts of iron, quinine and strychnine—the latter, of course, in infinitesimal doses, as it is a deadly poison—figures conspicuously among the prescribed remedies. Do they answer the purpose? By no means. They stimulate the appetite, it is true, yet they do not promote digestion, but rather interfere with it by disordering the stomach. The last named is particularly objectionable, because it has a tendency to aggregate in the system, and produce hurtful and even dangerous after consequences. There is not the slightest exaggeration

about this; it is the unvarnished truth and nothing else,

The best way to gain stamina is to use *Hostetter's Stomach Bitters*, the purest, the most justly popular invigorant on the American Continent, and in combination with this benignant tonic and assistant of digestion and assimilation, to resort to a digestible diet, avoiding everything which, so far as known, is likely to impair the action of this ally of nature. The gain in strength under these circumstances will be rapid and uninterrupted, and if excess, hardship or protracted illness have tried the constitution, the inroads made upon it will be thoroughly repaired. Ladies in delicate health and feeble physique will find the Bitters of incalculable service, and may rely upon it as a thoroughly safe remedy, since it is composed of the purest and most wholesome botanic ingredients, possessing remedial virtues of great merit.

JUDGE THATCHER, who succeeded Mr. Quincy on the municipal bench of Boston, was a man of stern and unbending temper. One of his prisoners, in addressing the court previous to sentence, used the words "also" and "likewise" in a way which implied a difference of meaning. "Do you know any difference, prisoner, between the words 'also' and 'likewise?'" asked the judge. "Yes, your honor," replied the criminal, "Judge Quincy, your predecessor, was patient, kind, courteous and gentlemanly. You are a judge also, but not likewise."

ARGUE as we may, no form of exercise can equal walking, and he who would enjoy the greatest measure of health and longevity will cultivate the practice of walking from two to five miles daily, rain or shine, and will persevere in this practice with religious

pertinacity. It is a simple but most effective prescription for the preservation of health and attainment of longevity.

THE son of a Louisville physician recently went to California and engaged in the tombstone business. In a letter to his father he writes: "There are but four physicians here, and I think you would do well in San —. I know that with you nearer to me I would be more encouraged in my effort to build up a paying business."

TO THE majority of men popularity and prosperity, coming after years of struggle, bring with them one of two conditions, either or both fatal to health and longevity. Over indulgence or inactivity are the two fatal handmaids of prosperity; abstinence and activity are the two torch bearers of longevity.

## RATIONAL REMEDY FOR CONSTIPATION.

EVERYBODY, we suppose, who is troubled with constipation, is anxious to get rid of that harassing complaint. The gentle way is the best. There is no such thing as forcing Nature. She must be assisted, coaxed. Unfortunately this fact is not sufficiently appreciated. If it were, drastic purgatives, which are among the most irrational of remedies, would not be so largely employed to overcome costiveness. But instead of accomplishing that desirable end, what do they do? They gripe the bowels, convulse the stomach, and operate so violently as to leave the intestines weakened, irritated and incapable of efficiently resuming its wonted function, so that it again becomes costive. Thus they perpetuate the very evil they were taken to cure. Yet thousands keep their bowels alternately costive and lax, from one year's

end to another, with rubbish of this sort, usually in the form of pills.

*Hostetter's Stomach Bitters* is a RATIONAL REMEDY for constipation, since it acts gently, produces agreeable, not painful sensations, is followed by no weakening reaction, invigorates the bowels, and tends to make the habit of body permanently regular.

As the bowels are the chief outlet of the system, its main sewage pipe, as it were, it is of the last importance that they should be kept unobstructed. Otherwise the stomach becomes disordered, the bile is regurgitated into the blood, and the various symptoms of derangement of the liver and of dyspepsia exhibit themselves. All of these accompaniments of constipation are remedied by the Bitters, which gives a healthful impetus to the various operations of digestion, assimilation and secretion.

AN anecdote is told of a man who in his time was a British cabinet minister. There was a great discussion on the question whether a man can marry on three hundred a year. "All I can say," said the great man, "is that when I said, 'With all my worldly goods I thee endow,' so far from having three hundred pounds, I question whether, when all my debts were paid, I had three hundred pence." "Yes, my love," said his wife, "but then you had your splendid intellect." "I didn't endow you with that, ma'am," sharply retorted the right honorable husband.

PECULIARITIES.—"Every man," said Mark Lemon one evening at his club, "has his peculiarities, though I think I am as free from them as most men, at any rate I don't know what they are." Nobody contradicts the editor of Punch, but after a while Albert Smith asked: "What hand do you shave

with, uncle?" "With my right hand," replied Lemon. "Ah," returned the other, "that's your peculiarity; most people shave with a razor."

LEVER, the novelist, noticing that the hand of a woman who was bringing him some tea at a small country hotel shook tremulously, kindly said to her, "I am sorry to see, Biddy, that you have a weakness in your hand." "Oh, your honor," she replied, with a glance of indescribable humor, "the weakness is not in my hand, but inside the taypot!"

"THERE is nothing, my friend, for the health like gymnastics. They augment a man's strength and lengthen his days." "But our ancestors didn't go in for gymnastics." "Our ancestors. Of course they didn't. And where are they now? All dead."

## LOSS OF SLEEP.

THIS is an evil fraught with the utmost danger, as, if prolonged, it must either overthrow the reason or produce apoplexy. The most prolific causes of it are chronic indigestion and nervous weakness, which, by the way, are usually dependent upon each other, but it may be caused by strong emotion or intense mental application.

The surest way to overcome it is to regulate the digestive organs and strengthen the nervous system with that most salutary tonic nervine, *Hostetter's Stomach Bitters*. Narcotics and mineral sedatives should be avoided as much as possible, because although they may relieve sleeplessness for a time, injure the brain and the stomach, and soon cease to produce any other than an ill effect. When sleeplessness arises from dyspepsia, as it almost invariably does, it is manifest folly to administer either of these medicines, since they ut-

terly fail to reach the source of the evil. The reason why dyspeptic people are so apt to be sleepless is, that the brain and stomach are very closely allied, being connected together by the sympathetic nerve, so that any irritation in the gastric receptacle is communicated like lightning to the focus of the nervous system, the chief seat of sensation, producing there a kindred disturbance, which gives the cerebral tissues no rest until the source of the difficulty, the stomach, be pacified. Hostetter's Stomach Bitters is admirably calculated to restore brain quietude, and afford natural undisturbed repose, because it insures that perfect, orderly discharge of the digestive and assimilative functions which is the best guaranty of a tranquil condition of the nervous system. Use it, wakeful invalids, and you will sleep the sleep that brings health and vigor in its train.

ONE day a minister called on Horace Greeley to get a subscription to a temperance society. Greeley paid little attention to him. The minister kept insisting that he would speak to him. Finding the usual way fruitless, he said in a somewhat loud tone: "Mr. Greeley, I want to get a subscription from you for this society to prevent people from going to hell." "Clear out," said Greeley, "I will not give you a cent. There are not half enough people going to hell now."

DANIEL WEBSTER was once sued by his meat man. He did not call upon Webster afterward to trade with him. Webster met him in the course of a few days and asked him why he didn't call. "Because," said the man, "I supposed you would be offended and wouldn't trade with me any more;" to which Webster replied, "Oh, sue me as many times as you like, but for heaven's sake don't starve me to death."

**POLISHING NICKEL PLATE.**—To brighten and polish nickel plating and prevent rust, apply rouge with a little fresh lard or lard oil, on a wash leather or piece of buckskin. Rub the bright parts, using as little of the rouge and oil as possible, and wipe off with a clean rag slightly oiled. Repeat the wiping every day, and the polishing as often as needed.

**RHEUMATISM.**—"I never had any thing the matter with me in my life except rheumatism," writes Chauncey M. Depew, "and I can bring that on any time by working too hard. You needn't have rheumatism, though, if you eat and drink right. Don't eat what you like, and what you want to drink let alone, and you'll never have it."

It is always well, before beginning an attack on a man, to map out your line of retreat.





**"ON SAFER GROUND."**

FIRST DOCTOR.—"I ordered him an ice-cold bath every morning."

SECOND DOCTOR.—"What, when he had influenza?"

FIRST DOCTOR.—"Yes. It will give him pneumonia, and I make my whole reputation curing that!"

From G. A. RIEMCKE, Muscatine, Iowa,  
March 14, 1896:

I take this occasion to again thank you for your valued Almanacs; there is no doubt they do increase the sale of the old reliable Hostetter's Stomach Bitters, when carefully distributed, which we at all times endeavor to do.

MEN of great capacity sometimes have very little capacity for making a living.

THERE are many ways to convince a man, but the easiest is to agree with him.

JOE being rather remiss in his Sunday school lesson, the teacher remarked that he hadn't a very good memory "No, ma'am," he said, hesitatingly, "but I've got a first-rate forgettery."

This life is oft perplexing,  
'Tis much the wisest plan  
To bear all trials bravely,  
And smile whene'er we can.

From O. B. HARRIMAN, M. D., Harriman's  
Hall, Iowa, March 14, 1896:

I have been in the drug business most of the time since 1866. Of all the different "bitters" I carried then and since, all have "dropped out" except Hostetter's Stomach Bitters, which still sell.

PLENTY of good drinking water is very important in making a cow do her best work; cows require nearly five times as much water as they give milk; we can lower their yield by cutting down their supply of drink. There never was a good milker that was not a big drinker.

## REPAIRING THE HUMAN MANSION.

OUR human edifice, like other tenements, is very apt to get out of repair. When it falls into a ramshackling condition, there is no use trying to patch it up here and there. Piecemeal work don't answer. Thorough renovation is what it needs. *Hostetter's Stomach Bitters* is the article to put it in good shape again. A shaky physique may infallibly be strengthened with that grand restorative. Every nerve, muscle and fibre in the human body is invigorated by its use. It renders digestion perfect, overcomes organic irregularities, improves the appetite, promotes sound repose, banishes the "blues," and establishes a regular habit of body.

Nervous, dyspeptic and attenuated invalids have no occasion to despair or health. What though they have tried the resources of the pharmacopœia in vain, and have uselessly invested their cash in nostrums of an inferior proprie-

tary order, the Bitters has endowed with health many a feeble sufferer whom other remedies have failed to relieve.

It is well, when it becomes apparent that the vital power is prematurely on the wane, which is indicated by such symptoms as loss of flesh and appetite, a bloodless appearance of the skin, languor, feebleness, inelasticity of the muscles, and a wan, haggard look, to resort at once to the Bitters. Too many delay medication until the foundations of the constitution are completely sapped, and the recuperative power irretrievably lost.

The effects of the great vivifying cordial upon the feeble are evidenced in a return of color to the cheek and activity to the limbs; the body gains substance, the step becomes firmer, the mind grows cheerful, and the face acquires a more animated expression. Feeling and appearance both indicate a return of the twin blessings, health and vigor.

THE right to live for those we love;  
The right to die that love to prove;  
The right to brighten earthly homes  
With pleasant smiles and gentle tones.

Are these thy rights? Then use them well;  
Thy silent influence none can tell.  
If these are thine, why ask for more?  
Thou hast enough to answer for.

PROOF GALLONS VS. WINE GALLONS.—To convert "proof gallons" into "wine gallons," divide the number of proof gallons by the per cent. proof, the quotient will be the number of wine gallons. Assuming the per cent. proof in a problem to be 95, then 70.8 proof gallons will equal  $74.52 \div$  wine gallons. The relation between corresponding weights and volumes of mixtures of alcohol and water have all been determined by experi-

ment, and tables are in use which give for alcohol of a given specific gravity o. 60° F. the corresponding percentage by volume, and percentage of proof spirits contained.

LORD WOLSELEY was once on a tour of inspection in the north of Ireland, and visited the garrison schools. A little girl said to him, "Do you know everyfink?" and in an unguarded moment, the soldier said "Yes." "Then can you tell me where yesterday is gone, and where to-morrow comes from?" Lord Wolseley was obliged to admit that he did not know. "Not know!" said the child, "then you don't know everyfink, and my daddie do."

SOME people grow better looking as you know them better, and some grow homelier

# FACTS AND A QUERY

## FOR THE PUBLIC.

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**I***F Hostetter's Stomach Bitters* was not a genuine remedy for the diseases to which it is adapted, and an invigorant of perfect reliability, would it not long ago have been relegated to the limbo of rejected nostrums by the judgment of the American people? Undoubtedly. Instead of this, however, it struck deep root in the public confidence soon after its introduction, nearly fifty years ago, and is to-day the most popular tonic and alterative on the Continent.

Would physicians of probity and distinction endorse and prescribe it, if it were not really meritorious? Certainly not; for there is no professional class more jealous of its reputation, or more chary of according unwarranted praise. The testimonials from the profession, in part printed in this Almanac, in its successive issues, for more than thirty-five years, would fill a volume with unsolicited and cordial endorsement.

The home and foreign press would scarcely have expressed such unqualified belief in its efficacy were not those respectable bodies fully persuaded of the reality of its claim.

Twelve millions of copies of this Almanac are annually printed and gratuitously distributed. The expense of this single item is enormous, but it is a trifle compared with the cost of preparing and putting up the Bitters, and shipping it throughout America and to foreign countries. What inference is to be drawn from this? The very simple and conclusive one, that its sale far more than warrant these expenses.

The widest publicity has been given to certificates, with name and address attached, of persons who have been cured by Hostetter's Stomach Bitters. Has the authenticity of any of these testimonials ever been questioned? Never.

Would the counterfeiters, who have so frequently striven to palm off spurious imitations of the great tonic, have thus exerted their nefarious ingenuity, if the article had not been widely popular. The known shrewdness of such scamps forbids such a supposition.

Now we ask the public, in view of these facts, if we are not warranted in asserting, and they in believing, that

### HOSTETTER'S STOMACH BITTERS

Is in every way worthy of the preëminence it occupies among the medicinal staples of the present day.



# Hostetter's Business Almanac for 1899.

1899								1899								1899							
Jan.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	May	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sept.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7		1	2	3	4	5	6			1	2	3	4	5	6	7	8
8	9	10	11	12	13	14		7	8	9	10	11	12	13		3	4	5	6	7	8	9	
15	16	17	18	19	20	21		14	15	16	17	18	19	20		10	11	12	13	14	15	16	
22	23	24	25	26	27	28		21	22	23	24	25	26	27		17	18	19	20	21	22	23	
29	30	31						28	29	30	31					24	25	26	27	28	29	30	
Feb.			1	2	3	4						1	2	3									
5	6	7	8	9	10	11		4	5	6	7	8	9	10									
12	13	14	15	16	17	18		11	12	13	14	15	16	17		8	9	10	11	12	13	14	
19	20	21	22	23	24	25		18	19	20	21	22	23	24		15	16	17	18	19	20	21	
26	27	28						25	26	27	28	29	30			22	23	24	25	26	27	28	
Mar.			1	2	3	4								1		29	30	31					
5	6	7	8	9	10	11		2	3	4	5	6	7	8					1	2	3	4	
12	13	14	15	16	17	18		9	10	11	12	13	14	15		5	6	7	8	9	10	11	
19	20	21	22	23	24	25		16	17	18	19	20	21	22		12	13	14	15	16	17	18	
26	27	28	29	30	31			23	24	25	26	27	28	29		19	20	21	22	23	24	25	
April						1		30	31							26	27	28	29	30			
2	3	4	5	6	7	8				1	2	3	4	5							1	2	
9	10	11	12	13	14	15		6	7	8	9	10	11	12		3	4	5	6	7	8	9	
16	17	18	19	20	21	22		13	14	15	16	17	18	19		10	11	12	13	14	15	16	
23	24	25	26	27	28	29		20	21	22	23	24	25	26		17	18	19	20	21	22	23	
30								27	28	29	30	31				24	25	26	27	28	29	30	
																31							

## HENRY WASHINGTON,

LA PORTE, CALIFORNIA,

DEALER IN

### Hostetter's \* Celebrated \* Stomach \* Bitters,

DRUGS, MEDICINES, CHEMICALS,

Fine Toilet Soaps, Brushes, Combs, Etc.

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IN GREAT VARIETY.

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Physicians' Prescriptions Accurately Compounded.